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WALES MARCH ON
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The politicians puzzle over plant's future after Ford's shock decision

UNION chiefs and Welsh politicians are trying to work out the implications of the Ford Motor Company's decision to scale back investment at its Bridgend engine plant.

by PHILIP IRWIN

Only last year, Ford announced an £181 million investment in the plant to make technologically-advanced, fuel-efficient petrol engines.

The company was promised £14.67 million from the Welsh Government as part of

the package, which would have sustained 750 jobs at the plant, with 250,000 new engines rolling off the production line each year.

Now, Ford has cut the investment to £100 million, which will fund a production line making 125,000 engines per annum, with a job count of 550.

Staff found out about the changes in investment strategy through a letter from the company which arrived on Tuesday, September 6.

Union chiefs are saying that this decision calls into question Ford's commitment to Bridgend, while Ford are saying that it represents a shift in its projections for future engine requirements, based on a changing market and the popularity of other engines within the group.

Ogmore MP Chris Elmore and Ogmore AM Huw Irranca-Davies shared the union's concerns, and issued a joint statement, saying: "We're deeply concerned about this announcement and will be keeping a close eye on the situation."

"We will be working with the Welsh Government Economy Minister Ken Skates, Unite the Union, as well as arranging a meeting with Ford."

"Our main priority is protecting the workforce at the Bridgend plant."

CONTINUED
ON PAGE 3

A 'RELAXING OASIS' FOR THE PATIENTS AT LOCAL HOSPITAL



New jobs in Bridgend as Zimmer Biomet invests £2.5 million

A MAJOR investment and expansion at Zimmer Biomet's Bridgend site that will create 39 new jobs and safeguard 50 more will be announced today (Thursday, September 8) by First Minister Carwyn Jones during his visit to the United States.

Zimmer Biomet's £2.5m investment – backed by £700,000 finance from the Welsh Government (WG) – will create a European Centre of Excellence for Porous Coating that allows the company to specialize in porous coating technologies used in the manufacture of orthopaedic implants.

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A plan to transform a drab courtyard at Princess of Wales Hospital into a relaxing oasis for elderly patients is now a reality.
SEE FULL STORY ON PAGE 4

Adey & Fitzgerald Walker

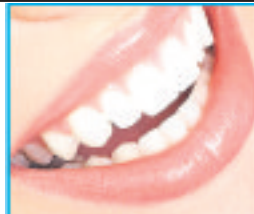
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'Have your say' urges Welsh Water TV ad star



Welsh Water employee and TV ad star Hayley Edwards with daughter Matilda.

A WELSH Water employee who stars in an advert beamed across Wales has urged local people to get involved in a unique chance to influence tens of millions of pounds of investment.

Hayley Edwards, from Kenfig Hill near Bridgend, made the call after her employer launched an industry-first consultation with its three million customers on what areas should be prioritised for any money it makes next year.

The not-for-profit company – which reinvests profits into its network or to support customers instead of paying dividends – launched the 10-week 'Have Your Say' exercise last month, urging as many customers to give their views on spending priorities.

Hayley (29), has worked at Welsh Water for three years and said she was "excited" to be part of the advert – which was first screened last month on ITV and has since been seen by hundreds of thousands of viewers.

She was shown in the advert at bath time for her 22-month-old daughter Matilda – as the company urged customers to get involved through its website drcymru.com, where they can find a two-minute, interactive consultation.

She said: "I was really excited to be involved in the advert – but it was surreal to see myself on TV in the Coronation Street ad break.

"The consultation is a

unique opportunity in the water and utility sector so I'm really glad I can help people from Wales to learn about how we work and benefit the local community."

The consultation – which runs until September 19 – gives customers the chance, through a Welsh Water 'microsite', to help the company prioritise how financial gains, projected to be around £30 million a year, made next year should be split by choosing from a range of options that include:

Speeding up improvements for people who experience repeat problems with their services; investing more in pipes, pumps and water treatment works to continue providing high-quality services; money off water and sewerage bills; extra help for people who find it hard to budget for their bills; investing now to help save money in the future through renewable energy and innovation; and supporting educational and recreational projects in communities.

As the company is 'not-for-profit', it doesn't have shareholders and any returns it makes are reinvested back in the business.

Earlier this year, the company announced it was investing an extra £32 million in its services this year, and to help lower-income homes, after it recorded its best year in overall performance since becoming not-for-profit in 2001.

MP visits Bridgend Remploy

BRIDGEND MP Madeleine Moon visited the local Remploy branch to learn about its work and to meet people at the site in Bridgend town centre.

The first Remploy factory was established in Bridgend in 1946 making violins and providing employment and training for people injured during the Second World War and for disabled miners.

The Bridgend factory was closed in 2013 and Remploy Cymru is now based in the Bridgend town centre.

Remploy Cymru is



Madeleine Moon (centre) at Remploy Cymru.

Wales' largest disability employment organisation, supporting disabled and disadvantaged people into secure, sustainable jobs. It has 16 branches

and many field teams operating across every region of Wales, for people with mental health conditions and learning disabilities. It has around 40

people in Bridgend, and it reports having a 56-per-cent success rate in helping people into sustainable employment.

STROKE CLUB MEMBERS DESIGN NEW BANNER



Maureen Carlson with the banner.

AM highlights "madness" of recycling plant

ASSEMBLY member Caroline Jones has joined the chorus of opposition to plans for a wood recycling processing plant at South Cornelly.

The South Wales West UKIP member is particularly concerned about the long-term risks of exposure to carcinogenic particles.

Ms Jones who attended a public meeting in Cornelly, explained: "There are many reasons why this could be an absolute disaster for a processing plant to go ahead at this location. On health

grounds alone the application should be rejected. Exposure to continual loud noise would be extremely harmful to health."

The AM is calling on Bridgend County Borough Council to reject the planning application for the plant on land behind Braceys and the industrial estate.

"There is a serious fire risk as a petrol station is only 100 metres from the proposed site. With an estimated 70 vehicles a day arriving at the plant, which will be open for deliveries 24/7 and processing 12 hours seven days a week, it would be absolute madness."

PORHCRAWL artist Maureen Carlson gave up her time to run a programme in which stroke club members designed a new banner, posters and business cards for the Porthcawl Stroke Club.

She ran several workshops, with everyone included in the design process and heated discussions took place about the design process, colour, fonts, etc. as there were so many ideas floating about!

John Lunn, a local photographer, assisted with pictures of Porthcawl, to stimulate ideas for the logo – as the theme started to include identification of Porthcawl itself. The stroke club members eventually had

the idea of hands as the majority felt that the Stroke Club was all about friendships and they wished to convey that to others.

Maureen then took them through different ways of displaying hands for the logo, until eventually they decided on the logo which is now on the new banner, posters and business cards.

We were delighted to welcome Lucy Thomas from the Stroke Association, who was influential in obtaining funds for the banner, posters and business cards through a grant award scheme at the association.

Anyone wishing to join the Porthcawl Stroke Club can contact Keith and Mary Duggan on (01656) 773376; transport is provided free for the less able.

Barbara Matthews

Fun for all at Barnardo's workshop!

DURING a recent Barnardo's themed 'fun day' held at the YMCA in Bridgend, Assembly Member Huw Irranca-Davies joined in the activities on the day.

He commented: "Barnardo's Cymru support is a valuable resource and life-line to many families who struggle with day-to-day life.

"There are now sessions being held in Pencoed on Saturdays which are a fun and safe way for children and young people to be involved in activities that they may not necessarily have the chance to experience in everyday life.

"I would encourage

people to look into the

benefits that Barnardo's

Cymru offer whether it

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Ford's future up in the air

CONTINUED FROM PAGE 1

Ford insists that there are no redundancies in the pipeline, and this statement was welcomed by the Welsh Conservative Assembly Leader, Andrew RT Davies.

He said: "Today's announcement comes in the context of global restructuring by Ford, and it's worth remembering the rich history they have in Bridgend – having invested nearly £3 billion since locating in 1980.

"At this stage it is reassuring that no job losses are planned, but clarity and longer-term assurances must be provided to the workforce that this announcement will not affect Ford's commitment to the area.

"Carwyn Jones is currently in America and I would urge him to use his proximity to the company's board members to seek a meeting, not just in his capacity as First Minister but as an AM for the constituency most directly affected."

Gemma's hair is going to little princesses – for a second time!



A LOCAL girl is donating her long hair to charity – for the second time!

Gemma Chester is 12 years old and goes to Cowbridge Comprehensive, and on September 13, she will be returning to the Cowbridge hair salon, Fich and Ramous, so that her locks can be donated to the Little Princess Trust.

Gemma is also raising money, and the cash element will be donated to Velindre Hospital. She told The GEM that she had chosen the cancer hospital because her grandfather had been

treated there.

She has a target of £300, and has already reached £195.

It was about three years ago, when Gemma was at Llangan Primary School, that she had her (then) very long hair cut off and donated to the Little Princess Trust.

Once again, her hair will be made into a wig for children who suffer hair loss during cancer treatment.

To sponsor Gemma, go to mydonate.bt.com/fundraisers/gemches1er1

Plans to relocate Mynydd Cynffig Primary School

KENFIG HILL residents are to be asked for their views on a proposal to relocate Mynydd Cynffig Primary School to the same site as Cynffig Comprehensive School.

Last year, the former Mynydd Cynffig infant and junior schools amalgamated to form a new all-through primary school which has since been operating on split sites.

This latest proposal, which has been given the backing of cabinet members from Bridgend County Borough Council, would see the primary school physically come together on one site from September 2018 and also be enlarged to become a two-form entry school with 60 nursery places.

Funding for the new provision would be met from the Welsh Government's 21st Century Schools Programme and the council's capital programme.

Coun Huw David, Bridgend County Borough Council's deputy leader, said: "This is an issue that has been looked at for some time now, and we are very pleased to propose this exciting solution.

"Cynffig Comprehensive School has been approved by cabinet members as the preferred location for an enlarged Mynydd

Cynffig Primary School, and we now look forward to conducting the consultation which will commence in the autumn term.

"Although there would be major highways works required to improve access, the infrastructure at the Cynffig site is already set up to manage with far greater pupil numbers.

"The comprehensive school currently has 416 surplus places, so there is sufficient space at the site. In comparison, the current junior site presents a number of obstacles for development of a suitable scheme.

"Any development there would depend on the relocation of the allotment gardens and playground, and there are more complex and difficult highways issues which make it a less favourable proposition than to relocate the school to the Cynffig site.

"Relocating the primary school on to the comprehensive school site would also provide excellent stability and continuity for children as they progress into secondary education."

Pupils, parents, staff and governors will all be consulted in the autumn term, while the wider community will also be able to have their say by completing an online survey on the council's website. Further details about when the consultation is open will be publicised soon.

Jobs fair being hosted at Life Centre, Bridgend

JOB seekers are invited to a jobs and information fair being held on Thursday, September 15 at the Bridgend Life Centre – formerly known as the Bridgend Recreation Centre.

Organised by Bridgend County Borough Council and Job Centre Plus, the annual event in the bowls hall between 10am and 1pm will enable residents to discuss employment and volunteering opportunities with a host of local employers.

There will be a range of temporary and permanent vacancies available to apply for on the day, so job hunters are advised to take their CVs with them.

Officers from Bridgend County Borough Council's HR department will also be providing details of any vacancies within the local authority, while other agencies will also

be on hand to share advice on the range of training and assistance that is available to help school and college leavers as well as unemployed people who are looking to get back into work.

Coun Hywel Williams, BCBC's cabinet member for resources, said: "By working together with JobCentre Plus in such close partnership we are pleased to help provide local job seekers with expert advice and support to help them find work. This event always draws a strong response and support from employers and training providers and this year we will have around 50 stands featuring local organisations and businesses."

For more information about the jobs and information event, please call Bridgend JobCentre Plus on 01656 682149.

Specsavers 'lens' its support to Ty Hafan



Carly Jenkins, manager of Specsavers in Bridgend and Porthcawl; Alison Stallard, head of fundraising at Ty Hafan and Claire Edwards, director of Specsavers in Porthcawl.

A DONATION by Specsavers of £10,958 will mark the beginning of its year-long support of Welsh children's hospice, Ty Hafan.

This sum represents the amount it costs the charity to provide just one day's care.

The partnership sees Specsavers in Bridgend and Porthcawl join forces with 34 other stores across mid and south Wales to carry out fundraising activities in aid of Ty Hafan.

The deal was sealed when Specsavers staff visited the Sully hospice to mark the date that it paid for a day of care (September 1).

"The charity provides vital support for families going through what can only be described as an unimaginable time, and we're extremely proud to get behind such a humbling cause," said Claire Edwards, Specsavers' store director in Porthcawl.

"We're always striving to support causes that have a positive impact on the communities that we're based in, and Ty Hafan is a shining example of an organisation that does exactly that."

Claire added: "We are looking forward to actively fundraising for Ty Hafan so that in the coming year we, together with our neighbouring Specsavers stores, will significantly build on the initial £10,958 donation, to help fund the care for life-limited children and young people in our communities."

Since 1999, the charity has supported 689 children across Wales, 263 of which are being helped by its services.

Fill an 'empty nest' with foster children

BRIDGEND County Borough Council is appealing to 'empty nesters' to consider becoming foster carers.

A council spokeswoman said: "Offering a child a home is in many ways a selfless act but it can also bring a great deal of satisfaction and fulfilment to parents once their own children have fled the nest.

"Foster carers can turn 'empty nest syndrome' into a positive experience whilst making a huge difference to a young person's life," she said.

The BCBC spokeswoman reported that some 50,000 children go into the care system every year.

"Giving daily support to a vulnerable child or young person would go a long way to providing them with the chance of a better outcome in life," she said.

Support for foster carers includes: training, a financial allowance, extensive support and access to other foster carers, including support groups.

If you think your empty nest could become a loving home for children, visit www.bridgendfostercare.wales/emptynesters to find out more or contact the fostering team on (01656) 642674.



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Grand opening for Pendre Day Hospital's new sensory garden



ABOVE: Sainsbury's Darren Cooper (centre) and Jackie Thomas, Ward 18 manager Sara Ralston and Pendre Day Hospital manager Helen Evans (front) are joined by colleagues and supporters at the opening.

A PLAN to transform a drab courtyard at Princess of Wales Hospital into a relaxing oasis for elderly patients is now a reality.

Glorious sunshine marked the official opening of the new sensory garden outside Pendre Day Hospital which now features a host of colourful flowers and fragrant shrubs.

Patients from the day hospital and Ward 18, their families and friends joined staff for a special celebration in the garden.

The day hospital manager, Helen Evans, said it had been a real labour of love and even enlisted her own family to help her with weeding and planting.

She said: "The patients are at the heart of everything we do here.

"With a push from our colleagues at Ward 18, we have been able to make this garden beautiful.

"We've had such amazing support from our colleagues in estates, particularly Andrew Kidger and Paul Bishop, who have come at the drop of the hat to help us get things ready."

Helen added: "We have already been putting the garden to good use and holding art therapy sessions out here. It is just a lovely area for patients."

Consultant psychiatrist Robert Colgate added his congratulations to the team and thanked everyone who had been involved – from preparing the garden through to donating

raffle prizes for the opening celebration.

"I know people have put in a great deal of work and I have even put in a few plants myself," he said.

The garden now boasts a raised flower bed filled with fragrant plants such as sage, fennel and lavender as well as plenty of seating where patients and their families can enjoy mirrors reflecting the colourful hanging baskets, wind chimes and water features.

Following musical entertainment by the Golden Oldies choir, the garden was officially opened by Sainsbury's store manager Darren Cooper, accompanied by the store's PR ambassador Jackie Thomas, who has been closely involved with the project since the beginning.

Jackie said: "We don't need thanking; our reward is just seeing people's faces as they enjoy it."

Ward 18 manager Sara Ralston, said: "It is marvellous to have somewhere we can bring our patients away from the ward, where they can relax and enjoy fresh air and a change of scenery."

"We are always looking for different ways that we can stimulate our patients and this is perfect."

Haydn Davies, aged 90, of Saran, would certainly agree. A former patient, he and his wife Ruth (pictured) were among the guests who shared refreshments served by staff in the garden, and he enjoyed the day so much he not only joined in with the choir's sing-along but

treated guests to a solo.

He said: "I was a patient when they started working on this. The garden is really beautiful; this will make a huge difference to everyone."

"I am delighted to be back here today to see it, the ward staff work so hard for all their patients, they are very special."



Ruth and Haydn Davies.

St Clare's team gets to the top!



The group reached the summit of three Welsh mountains.

A TEAM comprising staff and students from St Clare's School in Porthcawl set themselves a towering challenge on the gruelling Welsh Three Peaks Challenge last weekend.

The eight-strong team from St Clare's School battled strong winds, torrential rain and mist to reach the top of Snowdon, Pen-Y-Fan and Cadair Idris, hoping to raise at least £500 for The Global Fund for Children UK Trust.

Kathy Phillips, who organised the challenge, said: "We wanted to raise as much money as we could for this worthwhile cause and we hope that the money raised will make a real

difference to children on the edges of society."

Headmaster Simon Antwis, said: "Every year we are overwhelmed by the way in which our staff dedicate themselves to fundraising and we try to support them in any way we can."

"We're immensely proud of their achievement."

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www.porthcawl-today.co.uk

A BUSY FEW MONTHS ENDS FOR PORTHCAWL LIFEGUARDS

RNLI lifeguards will lower the flags and pack their equipment away for the final time at 6pm on Sunday, September 4 at Rest Bay, Pink Bay and Coney Beach.

The daily lifeguard service at Trecco Bay will continue until Sunday, September 25.

It has been the first year the RNLI lifeguard service, which is provided in partnership with Bridgend County Borough Council (BCBC), has operated in Porthcawl.

An RNLI spokesman said: "There have been good numbers of visitors to the area's beaches, meaning a busy few months for the RNLI lifeguard team."

"As well as a number of water rescues, the lifeguards also dealt with a high number of first aid incidents and provided safety advice and assistance to thousands of beachgoers."

"Incidents responded to by RNLI lifeguards included assisting a stranded windsurfer to safety at Trecco Bay and treating an injured woman as part of a multi-agency response between Rest Bay and Pink Bay."

RNLI lifeguard supervisor Matt Childs said: "We are really pleased to be working with BCBC to provide a safety service on the beaches of Porthcawl."

"We have also built on the strong partnerships with local surf lifesaving clubs in Porthcawl and worked closely with our RNLI volunteer colleagues at Porthcawl."

"I would also like to thank all the lifeguards who once again provided a

first class safety service on the county's beaches this summer.

"They have shown commitment and dedication to both their ongoing training and their work on the beaches."

"The majority of our lifeguards' work is preventative so, as well as the rescues and incidents they were involved in, they will have stopped many more potentially dangerous incidents before they occurred."

"After Sunday there will be no red and yellow flags flying at these beaches, which means there's no lifeguard service operating."

"People visiting the beaches after this can help keep themselves safe by taking note of the safety signage at the entrance to the beach, going with a friend or telling someone on the shore where they are going, at the same time always being aware of the conditions and their own capabilities in the water."

Jacob Davies, RNLI lifeguard manager, added: "Autumn sees high tides and a bigger swell. People walking on the coast should always check the tide times before setting out and carry a means of communication."

"The bigger swells mean more unpredictable rip currents in the water, so people should take extra care and always consider their safety."

"The RNLI's advice is not to enter the water if you see someone in trouble but rather to call 999 and ask for the Coastguard."

A host of information and advice on various aspects of water safety is available at <http://rnli.org/safety/respect-the-water>.

MAESTEG CHOIR ON SONG IN SOMERSET

ON Saturday, September 3, Speidhalter.

The first half also included an arrangement by Ryan of *Tell my Father* from the civil war, which was well received by the audience. Baritone David Maybury sang two items in the first half and the choir finished the half with the very popular *American Trilogy*. In the second half, the choir started with the traditional *Gwahoddiad* and also the fabulous *Nella Fantasia*, which the choir have recently included into their repertoire.

Another choir baritone Kevan Lloyd then sang two pieces including *Stars* from *Les Miserables*, which was well received by the audience and the choir finished the concert with the ever-popular *Finlandia*.

The organiser of the concert, Barbara Ford, chief executive of the charity, was delighted with the evening as Maesteg was the first choir she had arranged to sing for the charity and she had made two visits

to the town to see the choir performing before arranging the concert.

The concert was also the last time our compere Ben Fish would be with us, as he is moving from the area and the choir would like to thank him for all his efforts over the last few years and wish him well for the future.

Maesteg Male Voice Choir was formed in 1974 and has recently seen an influx of new members. It seems there is a resurgence in the popularity of male voice singing but we would welcome new members in order to keep this proud and important tradition alive in the town.

If any gentleman enjoys singing and socialising, contact secretary Nigel Williams on 01656 746742 or join us at the Celtic Club, Maesteg, every Thursday and every other Tuesday at 7pm. You will be assured of a warm welcome.

Maesteg sisters run in memory of father

ON Sunday, September 18, sisters Michelle Sparrow (33) and Donna Cory (36), from Maesteg in Bridgend will be taking part in the Swansea Bay Admiral 10k, running in memory of their father, Gary Sparrow.

Gary was just 59 when he died two years ago, and was told by doctors that he had the lungs of a 79-year-old.

He died from chronic obstructive pulmonary disease (COPD).

COPD is a condition in which the airways become inflamed and the air sacs in the lungs are damaged. It causes airways to become narrower, which makes it harder to breathe in and out.

People who have COPD have breathing difficulties which can affect many aspects of their day-to-day life.

Michelle and Donna explained: "Dad was amazing – he was always

there for us. He was always offering help and advice when we needed it. Both he and mam brought us up in a close loving family.

"His family meant everything to him.

"He loved his gadgets and his cars, and had a great sense of humour always joking around.

"He didn't have much support, and had to have access to oxygen 24 hours a day. He used to try and leave it off when we went out, but it affected him later in the day.

"Dad didn't like to mix with people in the end, and didn't like going out as much. There was a respiratory nurse who visited him for check-ups, but other than that, he didn't have any other support.

"We and other family members had very little knowledge of his condition, which is why we are fundraising to help raise awareness of it and the

British Lung Foundation (BLF). It's really important that people living with a lung condition, their friends and family, get all of the support they need."

Joseph Carter, Head of BLF Wales, said: "Unfortunately, there is no cure for COPD, but there are lots of treatments available to help people manage the condition, improve their symptoms and live an active life.

"With the help of fundraisers like Michelle and Donna we can keep our helpline operating, and continue research into curing lung conditions."

"We would like to wish them both the best of luck for their 10K – I'm sure their dad would have been really proud of them."

For support and information about the BLF, visit www.blf.org.uk, call 0300 0030555 or follow it on Twitter @BLFWales.



Sisters Michelle Sparrow (right) and Donna Cory.

GP-based 'hearing clinic' scheme is piloted by ABMU

PEOPLE with hearing problems can now be examined by an audiologist without having to travel further than their GP's surgery.

ABMU is piloting a new initiative to bring a service traditionally delivered in hospitals closer to people's homes.

The aim is to make it easier for patients, but also relieves pressure on GPs and hospital ENT and audiology departments.

It's also in line with the Welsh Government policy of moving services out of hospitals and into primary care and community settings.

Three ABMU audiologists have been seconded part-time to primary care audiology roles, supported by primary care clusters in Swansea, Neath Port Talbot and Bridgend.

From this month, they are providing an open-access service in three primary care locations for people with ear and hearing problems.

ABMU's head of audiology Rhys Meredith, said: "These are people who would previously have required a GP appointment but who can now go straight to the primary care audiologist.

"They can do a number of different things. They can clean out the ears, do hearing tests and provide advice and counselling.

"In many cases that is all that is required, but if there is a need for further investigation or treatment, they will be referred on.



Trish Pugh, one of the three audiologists taking part in the primary care service.



Natalie Phillips.

"It is partly about bringing services closer to where people live but also reducing pressure on GPs and on ENT and audiology."

The first open-access clinics were held in Clydach Primary Care Centre last month, hosted by the Cwm Tawe network and led by audiologist Natalie Phillips.

Of the first eight patients Natalie saw, two were referred to ENT for further investigation and two to hospital audiology for hearing aids.

A further two clinics

have now started. One is led by audiologist Nicola Phillips at Port Talbot Resource Centre, hosted by the Afan Valley network.

The third clinic, led by audiologist Trish Pugh and hosted by Bridgend East network, is being held at New Surgery, Pencoeed.

Trish said: "It's an exciting time for audiology and potentially could change the way the service is delivered in the ABMU area."

Mr Meredith said the service was initially funded for 12 months so its effectiveness and viability could be evaluated.

He added: "Ultimately the aim is to extend it so that patients in each of our 11 primary care clusters can access the service as well."

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Vale-born author turns to 'dark side' with new thriller



Sandra Mackness better known to her readers as Jill Barry.

by GEM REPORTER

A Barry-born author better known for romantic novels has changed genres and produced a dark thriller entitled *The House Sitter*.

Sandra Mackness, who writes under the nom de plume Jill Barry, has been generating quite a following among people who enjoy downloading romantic stories using the latest technology.

But as Sandra explained her latest offering took her "out of my comfort zone".

Sandra, now living in Newport, explained: "My latest novel has taken me to the 'dark side' and away from the usual romantic novels I enjoy creating."

"*The House Sitter*, set in a fictional mid-Wales location, is a tale of jealousy and manipulation and its female protagonist is more than a little creepy. "I faced quite a challenge, writing out of my comfort zone, but enjoyed the process and was thrilled to find an enthusiastic publisher."

She was also pleased to use the Welsh countryside as the backdrop to the story.

"I'm fortunate to find so much inspiration in the land where I was born and grew up. There's magnificent scenery, whether coastal or mountainous, and I've featured it in more than one of my books."

Reviews for *The House Sitter* have been positive.

One reviewer wrote: "Ruth is a delightfully horrid villain whose antics kept me turning the pages to find out



A change of genre. The House Sitter is just out.

where it would all lead."

Sandra's literary ambitions were inspired by a famous English actor, George Baker, who starred in *I Claudius* and *Inspector Wexford*.

At the time she and her late husband Tony were running a guest house in Wiltshire.

George lived in the same village, had TV writing credits himself, and offered her encouragement.

She sent a story to BBC Wiltshire Sound, which was used.

This success then gave her the confidence to pursue her interest in writing.

She then wrote stories for women's magazines before creating full-length novels.

Sandra said: "I haven't abandoned moonlight and roses. "My novella, as usual under the name of Jill Barry, *Christmas Revelations*, is set in the 1920s, and will be published as a large print paperback on October 1."

"My seventh pocket novel for *The People's Friend* will be available on January 12 next year."

Sandra remains ever busy. She is currently fine-tuning a novel featuring a journalist turned celebrity chef and a handsome British tennis player.

She is also looking forward to visiting Australia, where her son is to marry a girl from Victoria later in the year.

She hopes to catch up with Barry readers and writers in the town soon. Details of the event will be publicised in *The GEM*.

Meanwhile, her new book is available for e-readers and as a 'print on demand' paperback.

For more information, visit Twitter @jill_barry or www.facebook.com/jill_barryBooks/.

Search on Amazon for *The House Sitter* as a Kindle version or as a paperback.

GEM READERS' LETTERS EXTRA

'WHY WAS THERE NO BREXIT PLANNING?'

I WOULD like to respond to recent letters regarding my observation in *The GEM* about the current lack of movement on Brexit.

Yes indeed; I would trust the current Government to negotiate the best deal for Brexit.

Our Government not only negotiates all the other aspects that affect our society on our behalf, both good and bad, but was responsible for having delivered the EU Referendum in which the majority of people who voted advised them that they wish to leave the EU.

Who else should negotiate it? I certainly wouldn't trust Jeremy Corbyn or Owen Smith to negotiate anything that was in British interests, and it is unlikely that Nigel Farage will be invited to build a Brexit negotiation team.

The longer that we are in this phoney Brexit period, the longer British industry is subjected to the uncertainty that comes with it. International companies are faced with this uncertainty when making investment decisions.

My point is that if PM May sets a date for triggering Article 50, then this uncertainty evaporates. Until she does that, anything that she says or does is irrelevant.

In my mind, the current Government has been remiss in its duties when they delivered the EU Referendum.

Although part of the Government wanted Britain to remain shackled to the EU, it should have had in place a team and a plan for what to do should Britain vote to leave, as indeed it did.

Those of us who drive a car do not wish to have a puncture; but we carry a spare tyre all the same. We plan for that contingency and therefore are prepared when it should happen. We should have been where we are with Brexit today, on June 24, the day after the Referendum.

This brings me to the question raised by Mr Kennett.

Britain knowing what the terms it would like for

Brexiters ignored realities predicted by 'those in the know'

I NOTE that some Brexit voters are demanding triggering Article 50 today, if not yesterday.

The mass of Brexiters voted to leave because they either swallowed wholesale the lies of the prominent Brexit pushers whilst ignoring the realities predicted by those in the know, or thought they were casting a protest vote which would change little if anything.

While we respect democracy, 48 per cent who voted to remain, including this constituency, cannot simply be brushed aside on a matter as crucial as this.

After all, the actual numbers who voted to leave are significantly well below 50 per cent of the entire electorate, many of whom did not vote because they were too confused by the ill-managed Referendum

campaign all round.

Therefore the matter should be laid before Parliament and a second referendum called if MPs so decide, now that the realities of Brexit are beginning to dawn upon those who cast their leave vote without due consideration.

I'd also like to question why some of your Brexit-voting correspondents do not reveal their name. What do they fear? After all, by all news accounts, it is some extremely ill-informed tiny numbers of Brexiters who have been threatening the remainers.

No accounts that I have seen show the reverse. Could they be now ashamed of their ill judgement (surely not!)?

Marc Delaney, Barry GEM note: *The GEM did report that a 'Leave' supporter, who had a poster in his car, had it scratched. The incident was reported to South Wales Police.*

Confusion over Lavis family

IN David Andrews' response to my article, re my Barry family, he is mistaken in regards to Samuel Lavis.

My great grandfather was born in Higham, Somerset, as were generations before him. As the Lavises are many in Somerset, his Samuel Lavis of Pitney must be a different branch of the family.

If Mr Andrew could contact *The GEM*, I would be happy to put him in touch with my source. **Pat Barry**

a Brexit should have been worked out with experts in their fields before the Referendum was announced. The Government has been either arrogant or incompetent in their managing of one of the most momentous events in recent history. I don't know which.

As running the country is not my occupation, it is my simplistic and layman's view that we should revoke the 1972 European Communities Act, thereby severing all treaties and obligations. This would instantly help our fishing industry and many small businesses.

Like everyone, I have a list of no-brainers that we should do; such as deporting those criminals that Brussels says we cannot deport, but until someone contacts me and offers me the job of running the Brexit, I am happy to keep these to myself.

I hope this has answered your questions. (Name and address withheld)

'I'm happy with Arriva trains'

REGARDING the letter (September 1) about the service provided by Arriva Trains, I hold a seniors railcard and make frequent use of it and I have nothing but praise for both the punctuality and cleanliness of the service.

I have regularly been on a train, going to either Merthyr, Aberdare or Pontypridd, when a cleaner has come around and collected any rubbish.

I have also found the majority, yes majority, of

trains do run on time. Occasionally, problems do arise, but in all honesty, tell me one walk of life when that does not occur.

I would also like to say a personal thank you to Arriva staff member, Tracey, who works in the office at Barry station, who was not only helpful but went out of her way when I recently had to cancel a trip to Taunton, and had to re-book to Gloucester.

So here is one fare-paying passenger who is very satisfied with Arriva's standard of service.

Stephen Newman, Barry

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Not a dry eye in the house as Brynhill's Sam carries off the 'Captain's Prize'

THERE wasn't a dry eye in the house when Brynhill Golf Club's Matthew Thomas presented Sam Lazenbury with the prestigious 'Captain's Prize'.

Sam (23) had arrived at the club at the age of 14, a youngster with learning difficulties, but a burning love of golf.

As a young teenager, his parents, Amanda and Michael, had wondered whether Brynhill would take him on, and the club's junior section took him under its wing.

Sam explained: "When I lived in England my parents bought me a set of plastic golf clubs.

"I was only two years old but it got me started. My mother's father then began to teach me the basics of golf.

"We moved to Wales in the year 2000 and my father began to take me to Simon Cox's par three course."

Joining Brynhill Golf Club was Sam's 14th birthday present.

Matthew Thomas said: "Colin Harkin was junior captain at the

by TIM CHAPMAN



Sam (left) receives Brynhill's 'Captain's Prize' from Matthew Thomas.

time and deserves a lot of praise for nurturing Sam."

When Sam entered the 'captain's competition' he was playing off a 20 handicap.

Matthew said: "He was up against high quality golfers, some playing off 'scratch' or 'one'."

"It's the biggest competition at the club and played over two

days - 36 holes.

"The better golfers shine through. It was a difficult contest to win because there were 92 competitors. Thirty-six holes over two days is a lifetime in golf. For Sam to win was remarkable. I've been here 10 years and haven't seen anything like it."

So how did Sam do it?

Sam emphasised: "I

kept calm over the two days and stuck to my game plan - to play good golf and not get too excited. After I finished my final round, I was told I was in the lead but didn't get too excited or start celebrating."

Other golfers had to finish, but couldn't top Sam who completed the two rounds in 138 shots.

When club members gathered for their awards night there was one special moment everyone was waiting for.

Sam said: "When Matthew called my name the reception was massive!"

Matthew said: "When I presented Sam with the 'Captain's Prize' there was a standing ovation and there were grown men crying - the achievement was so amazing."

"The hairs were standing up on the back of my neck. I don't think I'll ever witness anything like it again. The applause was mind-blowing."

"His name will be in golf leaf on the Brynhill honours board for ever."

BRIDGEND SPORTS UNDER-11s START WITH A VICTORY

BRIDGEND SPORTS under-11s ventured west for their first fixture of the 2016-17 season.

Their journey didn't quite cross the Loughor Bridge that divides east and west. They visited the home of the cockle industry, Penclawdd, for a game against the "Donks."

The Bridgend Sports squad has grown during the summer, as the club continues its philosophy of providing game time for all, a policy which is now promoted across Wales for all mini and junior rugby teams.

Three young players made their Bridgend Sports debuts - Harri Edmunds, Megan Lewis, and Richard Kirkup.

With new skills to learn, such as uncontested line outs, a limit on the number of players entering the breakdown, and a larger playing area, both teams were unsure at first as the referee ensured the new laws were enforced, but they soon got to grips with the basics of running and passing.

Penclawdd started the season by taking the kick off. The Sports conceded early possession followed by some early penalties which were given away at the breakdown.

Penclawdd moved the ball wide quickly. The Blue and Whites recovered well however, with Cian John and Callum Lewis beginning to control the game in midfield and forward Mackenzie Dent set off on some driving runs through the middle.

Penclawdd battled and contained the attacks for a short while before the Sports recycled ball quickly to move it along the line to Tom Chick in space but still with work to do.

He accelerated to leave the opposition grasping at thin air, to score the first try of the game for the Sports to lead 5-0.

A few minutes later he scored

his second try, Penclawdd were penalised from the drop out, Bridgend Sports moved the ball.

Following an initial breakdown and a further penalty, debutant Megan Lewis set off on a direct run before passing on to Cian John.

He stepped inside before passing to Callum Lewis and then Dylan Morgan, to give Tom Chick some space to run - he made no mistake.

URGENCY

Penclawdd restarted again, this time securing possession from the kick off.

They injected some urgency into their play and almost scored with a run in mid field only to be stopped five metres out with a try saving tackle by Iestyn John.

From the ruck, the home side were awarded a penalty which they took quickly to move play wide to their wing Callum Dermot who ran in the score.

A bit of variety was introduced to play next, as both sides opted to use the kick to counter each others' defence before both sides scored a try each.

Jayden Lewis scored for Penclawdd before Cian John scored for the Sports right on half-time to take the half-time score to 10-15.

Some notable tackling from Bridgend Sports' Callum Lewis, Dylan Morgan, Harri Williams, Ieuan Pilliner, Joel Rogers and Tom Chick had kept their side on the front foot.

Penclawdd struck early in the second half, following the away side kick-off.

Good initial pressure from the Sports kept play deep in the Penclawdd half as they regained possession.

Unfortunately, they knocked the ball forward near the home side line. From the scrum, Penclawdd moved the ball quickly for winger Jayden Lewis to run the length of the field for a great try to

bring the scores level at 15-15.

Joel Rogers fielded the ball deep in the Sports half from another Penclawdd attack. He set off on a run then linked with Harri Williams who passed to Megan Lewis to take play into the Penclawdd half. Penclawdd turned over possession to mount an attack only for it to be stopped by an interception from Harri Williams who set off downfield but he was caught on the halfway line.

Eventually Penclawdd conceded a penalty which the Sports used to set up an attack, first, through a run from Mackenzie Dent, the ball was then moved wide to Joel Rogers who side stepped the cover to score and take his side into a 15-20 lead.

With nothing in the game at this stage and with all players getting game time, Bridgend Sports used this to their advantage. They began to dominate play as the second half progressed.

Sports players Dewi Worrall and Mackenzie Dent claimed deserved tries for their hard work before Joel Rogers rounded off some good all round play.

He was given half a yard of space near the touch line and used his pace to turn a defender and then race away from 20 metres out for the final score of the game. Bridgend Sports ran out 15-35 winners in their first fixture of the season.

All players contributed to make the day a success, with new additions to the squad and other more inexperienced players performing well.

Squad: Bailey Llewellyn Hopkins; Ben King; Cadan Hayes; Callum Lewis; Cian John; Dewi Worrall; Dylan Morgan; Harri Edmunds; Harri Williams; Iestyn John; Ieuan Pilliner; Joel Rogers; Mackenzie Dent; Mason Balmer; Megan Lewis; Richard Kirkup; Thomas Chick; Thomas Coles and Tyler Burton.

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Pen-blwydd Roald Dahl: Ydy'ch plantyn chi'n hoffi darllen storiâu Roald Dahl? Os felly dyma ddigwyddiad i chi: Sesiwn Hwyl i Blant!

Medi 17, 11am-12pm; Siop Yr Hen Bont, Pen-y-bont.

Cyfle i ddarllen storiâu Roald Dahl yn Gymraeg a chymryd rhan mewn gweithgareddau celf a chrefft gan greu barf Mr Twit, losin mawr yn Ffatri Siocled Willy Wonka a lluniau ar gyfer cystadleuaeth Roald Dahl. Bydd angen bwcio o flaen llaw. £5 y plantyn.

Cysylltwch â Menter Bro Ogwr neu ewch, i Siop yr Hen Bont i fwcio a phrynu tocyd am y digwyddiad yma!

Ieuencid: Medi 14 - Clwb Ieuencid Pen-y-bont, pob nos Fercher, YMCA Pen-y-bont,

6pm-8pm, Blwyddyn 7+, £1.50. Mae'r clwb ieuencid yma ar gyfer pobl ifanc sy'n mynychu addysg cyfrwng Cymraeg.

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Medi 12: Y Wladfa gydag Elvira Moseley, £2 neu am ddim i aelodau. Am ragor o fanlion, cysylltwch â Pat Jones-Jenkins, 01656 741622, patjonesjenkins@googlemail.com.

Am ragor o fanlion cysylltwch â ni!

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Our intention is to raise the profile of the Welsh language in the area by increasing the opportunities for residents to use the Welsh language in a variety of fields.

This is what's going on with us in the coming weeks.

Roald Dahl Birthday: Does your child like Roald Dahl and reading his stories? If so then this is an event for you: Children's Fun Session! September 17, 11am-12 noon; Siop Yr Hen Bont, Bridgend.

An opportunity to read Roald Dahl's stories in Welsh and take part in arts and crafts activities by creating Mr Twit's beard, large sweets in Willy Wonka's Chocolate Factory and pictures for the Roald Dahl competition. Booking is essential. £5 per child.

Contact Menter Bro Ogwr or go to Siop yr Hen Bont to book and buy a ticket for this event!

Youth: September 14 - Bridgend Youth Club, every Wednesday evening, YMCA Bridgend, 6pm-8pm, Year-7 plus £1.50. This is

a youth club on offer to young people who attend Welsh medium education school.

Adults: Are you interested in hearing about local history? If so then this event is for you: Welsh talks about Welsh history and culture for Welsh learners.

Patagonia with Elvira Moseley, 7.30pm Clwb Criced/Cricket Club, Bryn Road, Tondur, Bridgend, CF32 9EB. Cost: £2 or free for members.

For further information, contact Pat Jones-Jenkins on 01656 741622, or email patjonesjenkins@googlemail.com.

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There's an autumn market and family entertainment in Llantwit Major this coming weekend

LLANTWIT MAJOR events committee has organised an autumn market weekend, including entertainment, which will take place this Saturday and Sunday, September 11 and 12.

The market will run from 10am to 4pm each day and then in the evenings there will be entertainment served up from 7pm to 11.30pm.

Byron Evans chairman of the committee explained: "Most of the traders who attend the Llantwit fair events will be there."

"There's also going to be a stage and entertainment on both nights - live bands, a piper, a singer - and a bar and

food.

"Everything will be taking place in the town hall car park.

"A marquee will be going up and there will be cookery, floral and craft demonstrations throughout the two days."

The great thing about having a marquee is that the weather won't be able to affect the day.

Byron said it would be a real fun event for local people although there was a serious side too.

"We will be collecting for the Vale Food Bank. People can either make a financial contribution to its work or bring donations of tinned food. There will also be a collection and raffle."

Forget-Me-Not taster

THE Forget-me-Not Chorus, the charity which supports people with dementia and their families through weekly singing sessions, will soon be holding a 'taster session' in Cowbridge.

Coun Liz George, the mayor of Cowbridge with Llanblethian, has chosen the Forget-me-Not choir as her charity for her term of office.

She said: "I am delighted to be able to support the charity and would encourage anyone to go along and see for themselves what an uplifting experience it provides."

The charity recently established a choir in the Vale. Music director Kate

Woolveridge and chorus manager Sarah Teagle are now looking to encourage more people living with dementia, and their friends or carers, to join them in the Vale choir.

The choir taster session is an opportunity for prospective members to experience and join in the fun with the 'Forget-me-Nots'. The taster session will take place from 2pm to 3pm on Saturday, September 17 in the Lesser Hall, Cowbridge. Refreshments will be provided.

To book a place, please contact aholloway@PenarthTownCouncil.org or call 029 20713840. The Vale Forget-me-Not Chorus meets at 7pm to 9pm on Thursday evenings in Penarth.

For more information, contact helo@ForgetMeNotChorus.com.



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On a practical level, if your home has previously been extended or the drainage needs to be moved, it will take time to get the necessary approvals.

At Securahome we always project manage the approval process and expect local authority planning permission to take at least 10 weeks, with sewer agreements often involving a similar timescale.

All things considered, once you've made the decision to go ahead, it could take three or four months before you can put your feet up and enjoy your new room. However, having invested the time to design, plan and build it properly we think you'll agree that your new conservatory or orangery will be more than worth the wait!

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YOUR CHANCE TO SHARE THE COMMUNITY NEWS

Royal British Legion

THE Maesteg branch is organising a concert at Our Lady and St Patrick's RC Church, Monica Street, Maesteg on Saturday, September 10 at 7pm in memory of the Battle of the Somme during the First World War.

The battle started on July 1, 1916 and lasted until November 1916. Over this period, 79 young men from Maesteg lost their lives. 100 years ago on the date of the concert, two guardsmen from the First Battalion Royal Welsh, both from Maesteg, perished. They were Guardsmen George Dawkins and William James.

A number of children from various schools will be performing in the concert, by reading soldiers' letters and poems, singing songs and acting.

There will be music provided by the choir 'Sounds Familiar' from Kenfig Hill and a trio of Angharad on the harp, Bethan the soprano and Menna alto.

Tickets are £5 and will be for sale at the church door or from RBL secretary Stuart Bevan (01656 734512). There will be refreshments available in the school hall adjacent to the church.

Dementia friends sought

MANY of us will know someone or a family affected by dementia.

The Alzheimer's Society is committed to helping sufferers and their families, and is hoping to create a dementia friendly community.

As a first step, there will be an information session at St Theodore's Church, Kenfig Hill on Thursday, September 15 at 5pm. The session will last for approximately an hour.

A dementia 'friend' learns a little bit more about what it's like to live with dementia and then turns that understanding into action – anyone of any age can be a dementia friend.

Curtain Up Youth Theatre

THIS wonderful group of youngsters, which is assisted by only four adults, is putting on a concert to raise funds for Action for Children, a charity that started in 1869, .

More than 147 years ago, Thomas Bowman Stephenson took the time to listen to homeless children living under the arches of Waterloo station.

He listened and Action for Children has been listening and taking action ever since.

From one family home in Waterloo, the charity quickly grew to become the National Children's Home (NCH). It works to fix problems early and give vulnerable children the chance to grow up happy, healthy and with hope for their future.

It is staging the concert in the Central Ecumenical Church, Church Street, Maesteg, on Wednesday, September 28 starting at 7pm.

Tickets, £3, are obtainable from Curtain-Up members, Ruth by telephone on 0777 2645085 or church dignitary Marion.

Communities First willow weaving

ALL Communities First residents are cordially invited to a 'free willow weaving course', where one can discover how to weave your own personal decorations and ornaments at Blackmill Community Centre on Tuesday, September 13 from 9.30am to 3pm.

To book, telephone Jenny on 01656 643693.

Maesteg Gleemen

MY wife and I went to the choir's annual concert in St Michael's Church last Saturday night, and even though the weather was filthy, the church was packed.

My wife's opinion was it was one of the best concerts she had been to, perhaps because the musicians were close to the audience. This is different to Maesteg Town Hall where the musicians are on the stage and more remote.

It was good to hear that the Gleemen are raising money for Ty Hafan in conjunction with Specsavers, and the Friday before the concert they had performed at Adare Street, Bridgend shop and raised £222.

The choir was in great form as it began with a medley of Cole Porter songs.

Luis Olivares Sandoval had flown from Bremen on Thursday and had rehearsed with the choir in the evening. He is originally from Chile and was a finalist in the Cardiff Singer of the World competition in 2005.

In 2006, he performed in the Gleemen's annual concert at which his accompanist was the renowned Bryan Davies. The amazing thing was his accompanist this year was Siân Davies, Bryan Davies's daughter, and what a great pianist she is.

Luis was the essence of relaxation as he effortlessly entertained with his powerful voice that has made him one of the most in demand tenors in the world. He believed in entertaining everyone, and at one stage moved among the audience and went on one knee and sang to Mary, the mother of musical director Alun Hodges. She was so surprised, tears flowed down her cheeks when he returned to the front of the audience.

The compère, Anthony Bwyne, was brilliant as he introduced the various sections of the concert. Not only was he the compère, but he is also a tenor with the choir, and he sang a solo part at the beginning of *Anfonaf Angel*.

I must also mention Marcus Emery, a youngster who was not only a chorister but introduced a few songs by playing the flute.

Stuart Bevan, the chairman of the Gleemen, presented a plaque to Gerald Seymour, a chorister, who had been with the choir for 50 years.

There was also a special presentation to the choir's accompanist Suzanne Hodges who has played the piano for the choir for 20 years.

I cannot leave out the choir's musical director Alun Hodges, who spends so much time collating pieces of music for the concerts and vigorously rehearsing them with the choir.

The concert finished with everyone standing and

singing the Welsh National Anthem.

The choir would welcome new members who can come along to the choir rehearsals on Monday and Thursday evenings from 7pm-8.30pm at the Royal British Legion Club, Commercial Street, Maesteg.

Bridgend Male Choir

THE choir is holding its annual concert at the Tabernacle Church, Derwen Road, Bridgend on Friday, September 9 at 7pm.

The guest artiste is Angharad Morgan, who had, as a young soprano, appeared with them at an annual choir concert more than 10 years ago.

Also appearing is the choir's own Scott Williams to give a welcome organ recital. This is also the first annual concert for new musical director, Ryan Wood. He started his musical career as an accompanist with Maesteg Children's Choir, Maesteg and District male choir and musical director of Noteworthy mixed-voice choir.

Both he and accompanist and deputy musical director, Stephanie Bailey, have been putting their choristers through their paces.

Tickets, £5 are in demand. They can be purchased at Porters Estate Agents, Nolton Street, Bridgend; by e-mail to bookings@bridgendmalechoir.co.uk or by telephone to 07773 170373/ 07919 335169 & 07890 952363. "

Parc Slip Wildlife Trust

THE trust has a visitor centre based in Fountain Road, Tondy, Bridgend CF32 0EH, with a coffee shop, homemade food, a discovery room, toilet facilities and a free car park.

It has a wildlife watch club which is for young environmentalists for fun activities including wildlife walks, bird watching and bug hunting. It is suitable for children aged 5 to 13, and they must be accompanied by a parent or guardian.

It is recommended that suitable clothing and footwear is worn for outdoor activities.

The next meeting is on Saturday, September 10

NORTH BRIDGEND NEWS

A message for all readers in the north of Bridgend who would like to have items included in the community news columns of THE GEM:

If you wish to submit reports on any social activity in this region, please contact me.

I am very approachable and will endeavour to include every newsworthy subject.

Contact details: CLIVE MITCHELL

1 Tyn-Y-Coed Close, Sarn, Bridgend CF32 9NQ

TEL: 01656 725399

email: tyncoed1@yahoo.co.uk



between 10am-12pm. It is essential to book a place on 01656 724100, because the date and time of these events could change due to weather conditions.

Volunteering

QUITE often as I walk my dogs I meet people who have just retired and wonder how and what they can do to help others as volunteers.

If they live in a Communities First postcode area, they may be interested in an event at Betws Life Centre on Friday, September 16 between 10am-12.30pm. This will give advice on various opportunities. Telephone Faye on 01656 815136.

Ogmore Valley Male Voice Choir

ON Saturday, September 17, it will be holding its annual concert in Canolfan Bethlehem under the guidance of its versatile musical director Eira W, assisted by accompanist Gareth Waite.

The concert starts at 7pm and there is a guest male choir, Millhouse Green from South Yorkshire taking part. Millhouse Green is a small village on the edge of the Pennine Moors. The musical director for Millhouse Green is Sue Christie, who has been with the choir since 1993.

Tickets, £5, obtainable from any chorister or by telephone from John on 01656 841429.

Tondy Railway Club

THERE is a fun, free to enter general knowledge quiz on Monday, September 12 at the club, starting at 8.30pm.

Champions League singers!



MEMBERS of Bridgend Male Choir were delighted to sing at the National Museum for Wales recently.

The occasion was the Football Association of Wales dinner, welcoming news that the Champions League Final will be played in Cardiff in 2017.

The choir can be seen and heard at its annual concert this week on Friday, September 9 at Tabernacl Church, Derwen Road, Bridgend. The concert starts at 7pm and features a guest soprano, Angharad Morgan and organist, Scott Williams.

Tickets (£5) are available at the church from 6.30pm.

DAVID BURT



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GREAT FUN AS 'COWBRIDGE ON RUN' RAISES CANCER RESEARCH FUNDS

PHOTOGRAPHS
by MIKE WILCOCK

THE fifth 'Cowbridge on the Run' race for Cancer Research UK took place this Sunday raising almost £1,500 for the charity.

This year's race was started by Vale MP and keen runner Alun Cairns, who also took part.

The event began as the male-only 'Men on the Run' race in 2011 to rival the nationwide female-only 'Race for Life'. It became 'Cowbridge on the Run' from the next year onwards due to high demand from women to enter.

Race organiser Anne Birt encouraged more local businesses to enter teams this year, with High Street fixtures such as Elephant and Bun Delicatessen, Bar 44 and HRT taking up the challenge.

Anne said: "The race on Sunday was one of the best. Cheerful runners from across the Vale and Cowbridge's competitive High Street teams contributed to a fantastic atmosphere for the event."

"We would love to see numbers increase next year so would be pleased to have feedback as to the optimal date for 2017. Would October be a better month for most?"

"A huge thank you from the local Cancer Research UK committee to everyone involved. See you next year!"

Alun Cairns added: "This event is quickly becoming one of the most important dates in the Cowbridge calendar – it is great fun for a great cause. Everyone who came had a smile on their face."

"Anne has done a great job of bringing the community together. The cheerfully competitive local business teams and the new route made this year's race a particular joy to run."

Results: 5k 1st: Adam Woodward, 23.14 min; 2nd: Eve Bird, 23.44 min; 3rd: David Britton, 23.59 min. **5k Under 18s:** 1st: Eve Bird 2nd: Katy Trehanne (no times available). **10k** 1st: Jason Kiely, 37.17 min; 2nd: Matt Couch, 42.10 min; 3rd: Andrew Jones (no time available).



Anne Birt with, to her left, Alun Cairns.



Water way to raise funds for RNLI

THIS September, the Royal National Lifeboat Institution (RNLI) is challenging people in Wales to give up all drinks except water for 10 days to raise vital funds for the lifesaving charity.

No tea. No coffee. No fizzy drinks. No wine. No beer. No orange juice. Just water for 10 days.

The 'H2Only' challenge runs from 5pm on Tuesday, September 13 to 5pm on Friday, September 23 with

participants giving up the drinks they love for 10 days and drinking nothing but water throughout the challenge.

Tomos Moore from Pwllheli RNLI, who took part in the charity's H2Only challenge last year, said: "The H2Only challenge is extremely tough. Going 10 days without a morning cuppa, a pint after work or a can of fizzy drink will be really hard for everyone taking part."

"Every pound raised is so important to the RNLI. As a charity, we rely on the support and generosity of the public so that we can continue to save lives at sea."

"All the money raised by people taking on the H2Only challenge will be greatly appreciated."

Everyone who signs up to take on the challenge will receive a pack containing two H2Only temporary tattoos to last up to 10 days – so participants can proudly display their exclusive H2Only 'ink' while taking on the challenge.

All those brave enough to take on the challenge can sign-up now at h2only.org.uk.

Follow @RNLI on Twitter or like the RNLI Facebook page for all the latest H2Only news and updates.

James Sommerin cooks up a storm for local hospice

STAFF from the multi-award winning 'Restaurant James Sommerin', on Penarth Esplanade, enjoyed a dinner party to encourage local residents of the Vale to get involved in the new Marie Curie campaign, Dinner Down Memory Lane.

Marie Curie wants locals to host a 'Dinner Down Memory Lane' this October, and instead of asking guests to bring a bottle or a pudding, ask for a donation instead.

In doing so, diners will help people living with a terminal illness at the Marie Curie Cardiff and Vale Hospice, helping them spend quality time with their loved ones.

James Sommerin, chef patron and owner of James Sommerin Restaurant, said: "The hospice in Penarth is a wonderful place and I'm pleased to get behind the Dinner Down Memory Lane Campaign that helps such a local cause."

"It's easy to get involved and if our local community can all get together, we can help provide more nursing care for people living with a terminal illness at the hospice."

Dig out a family favourite or create a modern masterpiece – anything goes – and be the 'host with the most' by creating a meal to remember this October in aid of Marie Curie.

To sign up and get your free fundraising pack visit www.mariecurie.org.uk/dinner or call 0845 052 4184.



James Sommerin, Georgia Sommerin and staff.

Artist's exhibition

A 'BETWEEN the Lines' exhibition by Glyn Pooley, at Pierhead Building, Cardiff Bay, September 23 – October 21 will comprise more than 65 inspirational people.

Since the project's modest beginnings in Barry in 2011, the list has expanded to include Dr Rowan Williams (former Archbishop of Canterbury), Carwyn Jones AM (First Minister for Wales), Dilys Colbourne MBE (campaigner) and Professor Baroness Finlay of Llandaff.

Barnardo's call for foster parents

IT is 150 years since Victorian philanthropist Dr Thomas Barnardo began his pioneering work for destitute children.

Since then, countless children have been helped and Barnardo's Cymru is asking people to provide a loving, safe and secure home environment and to think about becoming foster carers.

"We are always looking for people with experience of teenagers as many of the young people we work with are teens and pre-teens," said Jason Baker of the Barnardo's Cymru Adoption and Fostering Service.

The charity particularly needs foster placements for teenagers, siblings, children with complex needs and those threatened by exploitation.

If you are interested in becoming a foster carer ring 029 2049 3387 or email bcafs-south@barnardos.org.uk

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Consumer champions Which? have now joined the thousands of customers who recognise that Cloudy2Clear Windows really are a business that you can TRUST. The company which specialises in repairing windows which are steamed up, broken or damaged by replacing the panes – not the frames has received the coveted 'Which Trusted Trader' status after going through a rigorous accreditation process entirely focussed on customer service.

Group Managing Director Marcus McGee believes that Which? have endorsed Cloudy2Clear's long standing company

policy of delivering the highest standards possible at all times. 'Our service is simple. If your double glazing has misted up we can replace the glass at a fraction of the cost of a new window, in any type of frame, and with a new 25 year guarantee. But it's not just about saving people money, although that obviously helps. Whilst a number of tradespeople perhaps don't focus on customer care as much as they should do, we make sure we turn up when we say we will, do the job the customer requires and leave their house as clean as a whistle. Locally Cloudy2Clear service Cardiff & surrounding areas and

Welsh business owner Phil Powell agrees that this approach is a major factor in his success. 'The truth is that it's not just the personal satisfaction that I get from doing a good job but also it makes good business sense. I get a huge amount of business from friends and family of people I've done work for, which just goes to show how much a little bit of effort is appreciated as both my customers and, obviously a body as nationally important as Which? now recognise.' So, if your windows are steamed up, broken or damaged give Phil a call for a free quotation on 0800 61 21 118 and he'll be happy to help!



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'More must be done for refugees and asylum seekers' SAYS AM

A WELSH Conservative AM has said local authorities can do more for Syrians after Oxfam Cymru said refugees and asylum seekers were more likely to experience poverty.

Mark Isherwood, the party's spokesman for social justice and communities, said: "The Welsh Government needs to continue challenging local authorities to up their game in responding to the Syrian refugee crisis, and to the plight of asylum-seekers."

"There is so much more the Labour administration can do to help refugees and asylum-seekers integrate culturally and professionally."

"More immediately, opening community

facilities – such as community centres, church halls and schools – as spaces for learning English, CV building, up-skilling and re-training can be a huge boon to helping the newcomers' transition into the world of work.

"It is essential that the Welsh Government engage with employers and the third sector to see where there is capacity to support the excellent work already carried out."

"Many of those arriving here come equipped with a range of skills that would be a huge benefit to our economy."

"Failing to offer the appropriate levels of support would be an opportunity missed."

Waste collection 'badly managed'?

MORE residents in the Vale have complained about the waste collection changes in the area, according to Coun Richard Bertin.

Mr Bertin, who represents the Barry Court ward, said: "More people have come forward since I first raised the issue."

"The changes have been implemented in the Vale by the Labour-led authority in a bid to save money, but I believe the changes have been badly managed."

According to Coun Bertin, since the changes have been made there has been "wide-spread confusion".

The complaints range from letters that are confusing; some residents not getting letters; waste not being collected on the due dates; and health and safety concerns.

Coun Bertin claimed that complaints have also come in from Cowbridge, Llantwit Major and Rhoose. In the meantime, he said, waste has been left on doorsteps for over a week.

Coun Bertin stated: "I can fully understand why members of the public are not happy over this shambles. Not only does this pose health and safety risks, but is also likely to put people off visiting the area. This is totally unacceptable."

Welsh Ambulance Service: your chance to ask questions

THE Welsh Ambulance Service is inviting members of the public to come and find out more about how it works.

People are being encouraged to attend both the Trust's latest quarterly board meeting and its Annual General Meeting (AGM), which are being held in Merthyr Tydfil, in order to see how it makes decisions and to pose questions about how the service is run.

Both meetings will take place on Friday, September 23 at the

Redhouse in the Old Town Hall in Merthyr Tydfil, starting at 2pm.

There is a jam-packed agenda on the day and those who wish to attend are also welcome to speak with Board members.

The Trust Board meeting will be held from 2pm-5pm before a break for refreshments, followed by the AGM from 5.30pm-7.30pm.

The Trust is asking that anyone planning to go along confirm in advance with Caroline Jones in the Corporate Services Team on 01745 532970 or e-mail caroline.jones2ec252@wales.nhs.uk.



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- 24 Sep, 7.30pm, Holy Cross Church
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- 25 Sep, 7.30pm, Duke of Wellington
REMI HARRIS TRIO | Gypsy jazz
- 29 Sep, 7.30pm, Holy Cross Church
TRIO ANIMA | Music for flute, harp and viola
- 30 Sep, 7.30pm, Cowbridge Comprehensive School
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- 1 Oct, 3pm, Cowbridge Comprehensive School
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All Saints' concerts

ON Saturday, September 10 at All Saints Church, Victoria Square, Penarth, at 7.30pm, there will be a night of music.

'Street Scenes' – a concert by Opera in Situ filled with the beautiful music of Bizet, Britten, Kurt Weill, Mozart and Bernstein among others.

Tickets £10 (£8 concessions, £3 students) from Griffin Books, Foxy's Deli and the All Saints Parish Office 02920703170. Talk to cast afterwards over a glass of wine or soft drink.

On Monday, September 12, there will be a free concert (1pm-2pm) at All Saints Church – 'Music at Lunchtime' recital featuring operatic soprano Lara-Clare Bourdeaux, 'Shakespeare's Heroines in Aria and Song'.

Free entry; hot and cold drinks provided. Bring your own lunch. Contact Dafydd G Jones, 02920 703170 or e-mail admin@allsaintspenarth.org.uk.

Barry Astronomical Society

SEPTEMBER meetings of the Barry Astronomical Society take place at Barry Island Community Centre, Friars Road, Barry, from 7.30pm-9.30pm.

The meeting on September 12 will be 'A talk on the sun', and on September 26, 'Imaging the sky'.

Call Dave Powell on 02920 551704 or check our Facebook page for dates when we observe at Porthkerry Park (weather permitting); beginners welcome.

Book launch

THERE are just a few tickets remaining for the talk and book signing with Formula One's Damon Hill on Monday, September 12 at the Glamorganshire Golf Club in Lavernock Road, Penarth, at 12.30pm.

Tickets are £28, including two course lunch and signed copy of Damon's new autobiography *Watching the Wheels*. Contact Griffin Books on 02920 706455 for tickets.

Cowbridge U3A meeting

THE next Cowbridge U3A monthly meeting will be a talk, with musical interludes, entitled: 'Becoming a cellist', by Mary Elliott, at 2pm on Wednesday, September 14 in Cowbridge Town Hall.

Visitors welcome (there is a small fee, which includes refreshments). See www.u3asites.org.uk/cowbridge for further information.

Barry RBL meeting

THE Barry branch of the Royal British Legion will hold its next meeting on Monday, September 12 at 2.30pm in the Barry Town Council Chambers, next to the Memorial Hall.

RYA DAY SKIPPERS AND YACHT MASTERS THEORY COURSES

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Day Skipper course
Monday 3rd October
Yacht Master course
Wednesday 5th October

For details or to register please call
Ray Brown on
01446 737663 or 07780 762605

New members are always welcome.

Charity fish and chip supper

THE Mayor of Llantwit Major's charity fish and chip supper takes place on Tuesday, September 13 at 7pm in Llantwit Major Hall, Llantwit Major.

Tickets (£10) include the meal, dessert and tea/coffee. Tickets and menu selection from Llantwit Major Town Hall; limited places, so booking is essential, by Thursday, September 8.

Proceeds go to the Mayor's charities, Ed Evans Foundation (brain tumour) and Marie Curie Cancer Care.

AM's surgery

VALE AM Jane Huft will be holding a surgery on Saturday, September 10 from 10am-11am at Barry Citizens Advice Bureau, 119 Broad Street Barry CF62 7TZ; no appointment necessary.

Minister celebrates

TO mark Rev Heather Weddell's 10th year in ministry at United Free church, there will be a service of thanksgiving at 10.30am on September 11 to which all are welcome.

Barry Floral Society event

'TIME for Hobbies' is the title of a demonstration to be given to members of the Barry Floral Society by Jayne Morris of Stroud.

The event will take place at the St Nicholas Hall, St Nicholas Road, Barry, on Tuesday, September 13 at 2.15pm.

New members are always welcome.

Toy and train sale in Barry

THE next toy and train sale in Barry takes place on Sunday, September 25 at Barry Leisure Centre. The sale opens at 10am and ends at 3pm.

For more information, visit www.chrisdyerfairs.co.uk.

KPC coffee morning

KPC Youth (next to Pil Primary) is holding a coffee morning from 9am-10.30am on Thursday,

Ty Hafan lottery draw winners

THE following are winning numbers in the Ty Hafan Crackerjackpot lottery draw number D947.

● £2,000: 461775.
● The rollover, which now stands at £2,500, was not won this week.
● £10: 371807, 144149, 140315, 877243, 458534, 991805, 690969, 887695, 249264, 881175, 306681, 497887, 623045, 705673, 184534, 632288, 809958, 000999, 1984622, 005340.

● £5: 874371, 545045, 531977, 617864, 337933, 197651, 384409, 911333, 679935, 871302, 770147.

510769, 233885, 462173, 362857, 102808, 422930, 693321, 117383, 735717, 465945, 334080, 528880, 581678, 222635, 215712, 868103, 688877, 671136, 619143, 717700, 147113, 260163, 145460, 408105, 337365, 866748, 142751, 863254, 888727, 578328, 606302, 869742, 422899, 846576, 201536, 211152, 796204, 492098, 591687, 543829, 607054, 724249, 803015, 790577, 601302, 411182, 517335, 001107, 1370095.

The GEM cannot be held responsible for any errors or omissions contained in the above.

For lottery information please telephone 029 2053 2300.

September 29 in aid of Macmillan Cancer Relief.

We will be joined at 9.30am by the choir from Pil Primary School, and this will be followed by fun bingo and a raffle.

Admission is £1 and includes coffee and biscuits, and cake will be on sale.

Please call 01656 749219 or 745399 with any enquiries.

Computer club

PENARTH Computer club meets on the second and fourth Tuesdays from September to June at 8pm at All Saints Church Lesser Hall, Victoria Square, Penarth.

New members and visitors welcome; for more information, log into the website penarthcomputerclub.co.uk.

EPP Cymru programmes

DO you have a long-term health condition such as heart disease, depression, arthritis, back pain, stress and anxiety and more, or are you a carer?

Would you like to learn how to self-manage, day to day?

The NHS are running free, six-week health and well-being courses (2½ hours a week) in many areas of the Vale and Cardiff.

The course aims to build confidence, skills and knowledge to improve the management of your condition or caring role. It can help you adopt healthier lifestyles and regain control of your situation.

If you feel this could help you, call to book your place on 029 2033 5403 or text 'interested' to 07976 050166 or email: carolstingl@wales.nhs.uk.

Speaker night

AT Tondur RFC on Friday, October 28 (6.30pm), a guest speaker night will take place with Brynmor Williams and Robert Jones.

Tickets (£25 each or £250 per table) include a buffet.

BARRY MARKS THE BATTLE OF BRITAIN

The Battle of Britain, and the Allied airmen and groundcrew that took part, will be remembered at service in Barry this Sunday.

Representatives of MoD St Athan will attend, as will the Vale of Glamorgan Band, the Barry Male Voice Choir and a number of other Royal Air Force Association branches from the region.

The commemoration begins at 12 noon and all those wishing to attend should rally at the Cenotaph, Memorial Hall, Barry, by 11.45am.

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Samba is coming to Cowbridge!!

The Vale School of Samba is holding a 6 week Access to Samba Course commencing weekly from **Tuesday 20th September, 7pm to 9pm until Tuesday 25th October 2016.**

The beginner's course includes learning and playing a large variety of traditional Brazilian Rhythms, Dance and Song. No previous experience is required, just be willing to expend some energy and have lots of fun!

Spaces are limited on the 6 week course, so be quick to sign up and secure a place. Children are permitted if accompanied by a participating adult/guardian but please speak with Paulo if you have any queries.

Cost of course is **£50 and £35 under 18's registration fee** plus **£2.50 payable each week towards room hire.**

Free Taster Session on Tuesday 13th September 7pm

Successful Completion of access course will allow you to join the band. Sessions will be held at the **Duke of Wellington Pub, Ball Room, 48 High Street, Cowbridge, CF71 7AG.**

Contact Paulo to secure a place on
07966981032 or email **paulytom@msn.com**



To staff & all our friends at Porthkerry Leisure Park

Gwyn & Glenda wish to thank you all for your generosity and good wishes on our retirement after 37 years at the office.

We hope you continue to enjoy your stay at Porthkerry.

A special thanks to Phil who has been a great boss and a good friend.

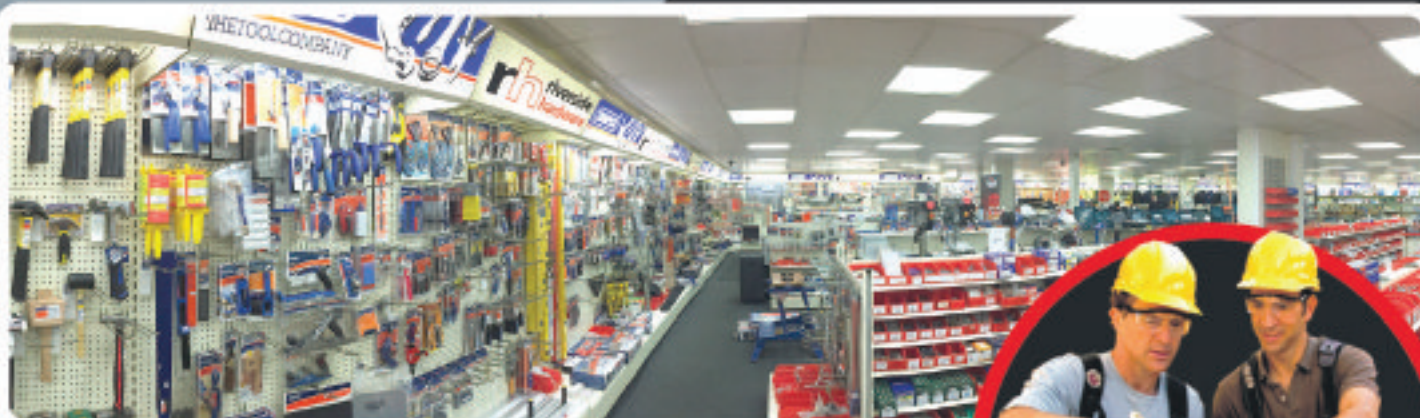
Very sincerely,

Glenda & Gwyn

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This Sausage Party is hilarious and clever – but not for the faint-hearted!

ANIMATION doesn't have to be just for kids. As the likes of *South Park* (both on television and in the cinema), *Family Guy* and *American Dad* (the latter two coming from the twisted comedic mind of Seth McFarlane) have shown, 'grown-up' cartoons are hugely successful when done correctly.

The latest film to insert itself in this genre is *Sausage Party*. It tells the story of Frank (voiced by Seth Rogen), a sausage who desires to discover the truth about his, and other foods' existence when it becomes apparent that the bright future they've been promised is a lie – and they find themselves chopped up and eaten!

Teaming up with hot dog bun Brenda (Kristen Wiig), Teresa Taco (Salma Hayek), Lavash (David Krumholtz) and Sammy Bagel Jr (Edward Norton), the foods go on a journey to escape their fate...

If you've seen the previous films of Seth Rogen et al, then you'll have some idea what to expect from *Sausage Party* – this isn't your

gentle, Pixar-esque stroll through life lessons and happy endings, but if you're in the mood for a foul-mouthed, puerile yet strangely intelligent comedy then this is most definitely the party for you!

Sausage Party was conjured up by Rogen, Evan Goldberg and Jonah Hill as an adult take on those Pixar films.

But whereas *Toy Story* has Tom Hanks and Tim Allen battling to be top toy for a young boy, here we have Seth Rogen's sausage and Kristen Wiig's bun on a quest to fulfil their destiny and join as one, a taco with a loose libido and a bagel and a pitta bread acting as a metaphor for the Israel/Palestine argument.

And that's *Sausage Party*'s great skill – for every moment of coarse humour and (very adult) jokes, there is a clever and sharp jab at modern society, whether it's indoctrinated religion (Frank must try to convince the supermarket's food that the 'great beyond' is not all it's cracked up to be and that they've been lied to), the aforementioned

Israel/Palestine situation (Lavash has been promised 77 bottles of olive oil once he reaches the 'great



by
GARETH JAMIESON
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beyond') or just blatant consumerism that sees us consume more than we need to.

Rogen and Goldberg were involved in the screenplay, and it's clear to see as anyone who has seen *Superbad* or any of their other works will recognise the sense of humour on display; not all the jokes land and occasionally the tone veers towards just plain weird, but there are enough hilarious moments to keep the momentum, though those with an aversion to profanity may well wish to cover their ears for the vast majority of the running time!

The voice cast all do a very good job, mining their onscreen personalities for all their worth, which makes those who you don't normally find working in this oeuvre stand out that bit more, whether it's Hayek's sultry taco or Edward Norton's bagel that mines Woody Allen for all he's worth but with a far pottier

mouth!

It's sharply directed by Greg Tiernan and Conrad Vernon, the former who has made several *Thomas The Tank Engine* animated films and the latter who has directed *Shrek 2* and *Madagascar 3*; their knowledge of the animation genre means that they shoot the film without being too knowing or smart and it has all the hallmarks of a *Shrek* or a Pixar film, but through the prism of adults, with some moments riffing on horror films to superb effect.

With an ending that leaves this party open for more business, there's plenty of potential in seeing more of these characters in different situations. It would be a welcome return, as *Sausage Party* is foul-mouthed yet incredibly smart!

VERDICT – A coarse film that has a foundation of intelligence, *Sausage Party* plays loudly and lewdly; it is, however, a glorious film, with a good gag rate and some truly stunning moments that will leave your jaw agape! The meek may want to avoid, but for those with a strong constitution this is one Party you want to go to! **SEE THIS IF YOU LIKED:** *South Park – Bigger, Longer, Uncut* (1999), *Superbad* (2007).

Free entry to Dyffryn Gardens thanks to Cadw

DYFFRYN Gardens, Aberdulais Falls and Tredegar House are all throwing open their doors for free on September 10 and 11 as part of Open Doors Wales.

Organised by Cadw, the Welsh Government's historic environment service, Open Doors offers both local people and visitors alike the chance to explore the hidden treasures of Wales's culture and history for free.

Dyffryn boasts 55 acres of stunning formal gardens, intimate garden rooms, an enormous glasshouse, two kitchen gardens and a semi-furnished house.

The kitchen garden produce will have been harvested so you can taste some 'zero-mile' home-grown Dyffryn

produce in the tea rooms. Open from 10am to 6pm, last entry is at 5pm.

Kate Simons, visitor experience manager at Dyffryn said: "Both Dyffryn and Tredegar will have lots to keep you entertained, as well as exploring both their houses and gardens."

Tredegar House will also be open for free all weekend and will have garden games, family trails and lots more to keep the whole family entertained, open from 10am to 4pm.

Experience Aberdulais Tin Works and Waterfall free and help them celebrate 35 years with the National Trust, dress up in traditional costumes and learn about the industries that have been made at the waterfall or take part in their special time capsule. Open from 11am to 3.30pm.

New jobs in Bridgend as Zimmer Biomet invests £2.5 million

CONTINUED FROM PAGE 1

The company's Bridgend and Warsaw, Indiana (USA) sites are the only two porous coating facilities within the company, and WG support ensured the recently announced expansion is undertaken in Wales. Zimmer Biomet is headquartered in Warsaw, Indiana.

The First Minister, who described it as excellent news, is in North America meeting and discussing investment opportunities with senior executives of key companies that have significant operations in Wales.

Zimmer Biomet's UK operation is a Welsh Government Anchor Company employing more than 800 people from all over south Wales at Bridgend's Waterton Industrial Estate, where it manufactures a range of hip and knee replacement products that are exported globally.

The First Minister said: "The investment

decision was confirmed during my meeting in Chicago with Zimmer Biomet. I had the opportunity to reaffirm the Welsh Government's support for the expansion of their business in Wales.

"It is a key investment that secures the long term sustainable growth of the business in Wales and ensures it will continue to pay a prominent role within this global organisation.

"It is an exciting time for Zimmer Biomet's Bridgend facility which is experiencing significant growth and high demand for its products. This expansion will increase its capacity, capability and competitiveness and create highly skilled well paid jobs.

"It's also particularly good news for patients and healthcare in Wales as the company's on-going relationship with NHS Wales will help improve health service delivery and deliver cost savings."

Bridgend is also home to Zimmer Biomet's Rapide Theatre Care program, which allows the company to work with a number of hospitals in Wales, to make improvements to the delivery of orthopaedic care to patients.

In addition, the company collaborates with Swansea and Cardiff Universities to develop new orthopaedic products that treat patients with a variety of musculoskeletal conditions.

Robin Barney, Zimmer Biomet's Senior Vice President for Global Operations and Logistics, noted after her meeting with the First Minister: "It was a distinct pleasure to meet with the First

Minister in Chicago. "Zimmer Biomet is proud of its operations in Bridgend. It remains an important component of the company's global operations. We truly appreciate the excellent support from the Welsh Government over the years.

"The company's recent investments in the Bridgend plant would not have been possible without the Government's support and without the dedication of the Zimmer Biomet employees in Bridgend."

Zimmer Biomet also has a comprehensive Welsh-based supply chain that will benefit significantly from this expansion.

Go to the **The GEM** for the latest stories and breaking news...
www.barry-today.co.uk
www.cowbridge-today.co.uk
www.llantwit-major-today.co.uk
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Health Beauty & fitness

Pilates classes in Barry

COME on and join us at Barry Pilates; September is a great time to start with us or return to class.

There is a new class starting on Thursday, October 13 at 11.15am, suitable for complete

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AT Return To Health Chiropractic Clinic (R2HCC), we have more than 12 years' experience of treating patients.

We are frequently presented with: "I have sciatica", but "sciatica" is a term for any pain down the leg caused by an injury in the lower back, not a real diagnosis.

True sciatica is typically caused by an injury to a spinal disc, and can lead to irritation or damage to the spinal nerves. This leads to pain down the leg, often past the knee, and can be accompanied by pins and needles, sensation changes and muscle weakness.

Non-radicular sciatica is much more common and is caused by an injury in the muscles, joints or ligaments of the back which then radiates pain into the buttock, leg or both. This typically stays above the knee and doesn't cause symptoms

such as pins and needles or weakness.

With the increasing use of tablets and laptops, at R2HCC we are seeing more people, particularly teenagers, with back issues.

Move it! Sitting for too long is not good for the body, particularly the back. It's very easy to sit and slouch for long periods, so get up and move every 30-40 minutes.

Lighten up! Keep your school bag light. If there are lockers at your school, keep heavy books in them.

Use a rucksack! Carrying a heavy bag over one shoulder creates muscular imbalance and uneven stresses on the joints. A rucksack with both straps over your shoulders is far better for you.

If you are worried about your back pain (or any other pain), why not come and visit us? You can book a free advisory consultation by calling 01446 740002.

beginners and those with a little experience of Pilates. This six-week course introduces you to Pilates and costs £45.

If you would prefer an evening class, join us on Friday, September 23 at 8.20pm for a special short introductory course to bring you into the Friday 7.15pm class.

This is a two-week course for a maximum of six people costing £20. Private Pilates lessons are also available.

All classes are held at St Nicholas Hall, Barry. Please contact Sharon on 07830 085606 or go to www.barrypilates.co.uk.

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NORMA DAVIES OPTICIANS are an independent opticians' group, based in south Wales.

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They also fit and supply contact lenses if you want an alternative

to spectacles.

Their staff are dedicated to providing excellent customer care and taking the time to understand each individual's personal needs to ensure that the patient leaves 100 per cent satisfied.

The newest member of staff, Rhia, is a fluent Welsh speaker and together with Anna, they are always happy to help.

Norma Davies Opticians has been providing first-class eye care since 1975. It is still a family-run business. Charlotte (Norma's daughter) and her husband Chris test there two days a week.

They are dedicated to providing the highest clinical care for their patients.

Barry Pilates Classes

Mondays 9.15am, 10.30 & 11.35am

Thursdays 10am

Fridays 9.30am, 6pm & 7.15pm

New Beginners Pilates Class

Starts Thursday 13th October 11.15am

Sharon 07830 085606

www.barrypilates.co.uk

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Morning on Tuesday

27th September at

St Athan Community Centre

Tai Chi demonstration

10am, followed by Coffee & Cake.

New class opening in

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Tuesday 4th October 2pm - 3pm.

Class also at

Ewenny Community Centre

every Thursday

11am - 12 midday.

For more information, call Sue on

01446 744643

Upgraded premises for Vale Podiatry and Chiropody

VALE Podiatry and Chiropody are moving to new premises in Llantwit Major.

We will be open on Monday, September 12 in our newly-refurbished premises. The move will allow improved disabled access and a nicer environment for all our patients.

We will also be increasing our receptionist services to enable patients to contact us more easily.

All our usual services will still be offered in both our clinics in Cowbridge and Llantwit Major. As HCPC-registered podiatrists, we offer friendly and professional care for all our patients. We can help with simple nail cutting to more complex nail surgery using local anaesthetic.

We treat all foot conditions and with a wide experience of working in private and NHS clinics, we can offer the full service.

Make sure your feet are in safe hands and check that your health professional is registered with the HCPC on www.hpc-uk.org/audiences/membersofthepublic.

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LEARN TO OVERCOME EMOTIONAL EATING

ARE your health and weight loss goals being held back by emotional eating?

Then a new workshop is just what you are looking for.

Dawn Nutrition is running a two-hour workshop on 'Overcoming Emotional Eating' at Barefoot Studio, Llandow, near Cowbridge, CF71 7PF on Saturday, September 24 from 2pm-4pm (price £35).

Dawn Garwood said: "We will be exploring the reasons why people learn to turn to food under times of stress and anxiety, and how we can learn to break this habit and learn better coping mechanisms."

"If you sometimes find yourself feeling compelled to eat when you are under pressure; if you have a tendency to binge eat and do not really know what has triggered the episode, or if you find yourself unable to control yourself around certain foods, then this workshop will be of great benefit to you."

"Booking for this course is essential as space is very limited. If you are interested, please email

hope@dawnnutrition.co.uk to register, or telephone 07572 451574."

Emotional Eating Workshop



- Do you ever find yourself 'binge eating'?
- Are there foods you feel you have little self-control around?
- Are you drawn to over-eating when you are under pressure and feel stressed?
- Do you sometimes feel guilt and shame after eating?

If you are interested in understanding the reasons behind emotional eating and in learning some strategies and tools to begin to overcome this deeply addictive, yet faulty coping mechanism, then this workshop is for you. Join me for a 2 hour workshop to help you overcome the habit of turning to food when the going gets tough!

Saturday 24th September, 2-4pm, Barefoot Studio, Llandow CF71 7PF - Price £35.

To book your place please email hope@dawnnutrition.co.uk or telephone me on 07572 451574. www.dawnnutrition.co.uk

Making brides look their very best

WE have been reflecting on what has been a fantastic summer it has been at Vale Laser Clinic and Tathan Beautique.

We've really enjoyed seeing all our brides, their skin glowing, nails painted and lashes looking amazing on their special day.

Tattoos were no longer visible in wedding pictures, and honeymooners have been returning and telling us how amazing and stress-free it was being hair free for their entire holiday.

Our focus has turned to Autumn and the run up to Christmas. We have extended our opening hours due to how busy our lovely clients are keeping us. We are launching Jane

Iredale Mineral Make up in September with lots of great deals and discounts that can be found on our Facebook pages.

We will have early bird offers on Christmas party make up, and we are rewarding our existing clients with 20 per cent off their next treatment when they recommend a friend. Make sure you pick up a card when your next passing!

We are seeing lots of clients wanting to treat sun damage, removing visible pigment spots and red veins, leaving skin looking smoother, clearer and younger.

We also have a free C-Boost clarifying creme with every skin rejuvenating IPL facial while stocks last.

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'All Saints Church, Barry aims to 'Raise the Roof'!

ON Sunday, September 4, Father Kevin Lake, priest at All Saints Church Barry, launched the Roof Restoration Project in a bid to raise £231,302 for a new roof.

All Saints' Church has a rich heritage and one of the town's largest congregations.

For many years, the church has supported local education and charities, and is regularly used for charity and community events.

A Heritage Lottery Fund application was submitted in June for £100,000 and a response should be received by September 21.

Paul Donovan, chair of the church's roof restoration committee, stated that "when the heavens open, which is fairly frequently in Barry, the roof leaks and we have tarpaulin and strategically placed buckets throughout the church to capture the water. The project aims to turn these 'raindrops from heaven' into 'pennies from heaven' to restore the church roof, enabling All Saints' to showcase the richness in heritage, along with the building's diversity of community use".

The project has already raised £10,250, with the committee remaining optimistic about the Heritage Lottery application too.

There are a number of ways in which everyone can get involved, from individual donations, or sponsoring a roof slate in memory of a loved one, to attending one of the many fundraising events planned for 2016 and beyond.

All donations or correspondence regarding the Roof Restoration Project can be directed to: C/O Father Kevin Lake, 3 Park Road, BARRY CF62 3NU; telephone 01446 701206.

Ann Elliott

'Wales should lead UK and ban snares'

EVERY day in Wales, up to 1,000 animals are trapped, mutilated or suffer a drawn-out, painful death as they are caught in gamekeepers' snares.

The GEM's readers can help stop this cruelty.

It's hard to believe that snares are still legal in the UK - they're outlawed in most of Europe, but shockingly, they are widespread here, particularly on and near shooting estates and game bird breeding farms.

The snares are indiscriminate, with only one-third of the animals caught being the actual target (usually foxes, which sometimes catch pheasants and partridges).

Research shows that the other two-thirds of animals caught are just 'by-catch'. Deer,

badgers, hares and even otters and family pets have been found trapped, mutilated or killed in these nooses too.

Only recently, the national press reported another much loved family pet had suffered horrific injuries from being caught in one of these lethal nooses in Wales.

We believe it's time Wales led the rest of the UK with a complete ban on snares.

Your readers can help end this horrific cruelty by signing the petition calling for these cruel wire traps to be outlawed. The petition can be found here (<https://www.assembly.wales/en/gethome/e-petitions/Pages/petitionandemail.aspx?PetitionID=1027>) on the National Assembly for Wales's website.

Rhiannon Evans, League Against Cruel Sports Wales

Go to our Twitter page for the latest stories and breaking news...

@gem_news

Sporting silence commemorates 'Somme 100'



by ANDY JOHNSTONE

The Royal British Legion (RBL) is calling on the sporting organisations, associations, clubs, teams and individuals in all parts of the United Kingdom to commemorate the role played by sportsmen on the 100th anniversary of the Battle of the Somme.

The campaign, called 'Sport Remembers the Somme 1916-2016', was launched off the back of 100 'Sportsmen of the Somme' stories, which have been produced by the charity in an effort to inspire the nation's professional and amateur sporting organisations and individuals to unite in Remembrance.

One of those remembered is Second Lieutenant Horace Wyndham Thomas, of the 14th Battalion The Rifle Brigade.

Born in 1890, 2Lt Thomas was described as having a "beautiful" singing voice, one so good that it helped him secure a scholarship to King's College Cambridge, reading history.

2Lt Thomas was no slouch at sport, and played for Blackheath FC, Wales and the Barbarians.

The centenary of his death was just last week on September 3. He died at Guillemont, midway during the Battle of the Somme.

To aid the war effort, almost all professional sport had been suspended for the duration by the time the Battle of the Somme began. Athletes and players from sports at all levels had volunteered to enlist - sometimes en masse as an entire team and its supporters.

There were battalions that included significant numbers of athletes, footballers, and individual members of clubs and teams.



Second Lieutenant Horace Wyndham Thomas of Bridgend possessed a "beautiful" singing voice and was a capped rugby player.

Many other players - players to observe two-minutes silence before to amateur boxers - any game or match served in 'pals' played over the weekend of September 17 and 18 battalions' recruited from towns, villages, schools, as an act of workplaces and trades.

When these battalions suffered losses, as they did mostly at the Somme, the impact was felt at the club and community level.

Sport Remembers the Somme is fronted by Sir Nick Faldo, Peter Shilton, Sally Gunnell, Mike Gatting former British Army officer and England Rugby World Cup winner Josh Lewsey. Locally, RBL is calling on teams and

Amelia Trust hosts Harvest fun day this Saturday

THE Amelia Trust is holding its annual Harvest Family Fun Day on September 10.

The event is shaping up to be a great day out for all the family and there is even something for man's best friend - a dog show!

There will be lots happening throughout the day including: tractor rides; craft stalls; a fancy dress competition; bouncy castles; displays; music, dancing; a raffle, children's games and lots more!

The fun starts at 11am with the dog show taking place at 12pm (registrations from 11am at the welcome tent) and it finishes at 4pm.

All money raised on the day will help the Amelia Trust Farm continue the work it does with disadvantaged young people.

The event is taking place at the Amelia Trust Farm, near Barry. More details can be found on the Amelia Trust Farm website: www.ameliatrufarm.org.uk. **JO WHITFIELD**



Cyfle i chi ddweud eich dweud am ddyfodol S4C

Beth yw eich hoff raglenni ar S4C? Beth ddylai S4C fod yn ei ddarparu yn y dyfodol?

Beth mae sianel deledu Gymraeg yn ei olygu i chi?

Mae cyfle i chi roi eich barn a chyfrannu at y drafodaeth am ddyfodol S4C yn yr holiadur 'Dweud eich Dweud' sydd ar gael i bawb ei llenwi ar wefan s4c.cymru

Mae S4C yn awyddus fod llais y bobl yn cael ei glywed yn rhan o'r paratoadau ar gyfer Adolygiad Annibynnol Llywodraeth y DU o S4C yn 2017. Mi fydd yr Adolygiad yn edrych ar waith a rôl S4C a'r math o wasanaeth sy'n debyg o fod ei

angen yn y dyfodol.

Yn ôl Huw Jones, Cadeirydd Awdurdod S4C, mae hi'n bwysig iawn cynnwys y cyhoedd yn y sgwrs.

Meddai Huw Jones: "Rydym yn awyddus iawn i sicrhau bod llais y cyhoedd yn cael ei glywed – pa fath o wasanaeth mae pobl eisai ei weld a pha wasanaeth aml gyfryngol fydd ei angen yn y dyfodol. Ein gobaith yw y bydd Adolygiad yn ystyried hyn yn ofalus ynghyd â sut y gall S4C ddarparu ac ariannu gwasanaeth yn y ddeng mlynedd nesaf."

Edwch i wefan s4c.cymru nawr i lenwi'r holiadur er mwyn Ddweud eich Dweud am S4C.

Mynd am Dro yn y Fro gyda Dai Lingual

A hithau'n dymor gwyliu, mae Dai yn cymryd y cyfle i ystyried paham bod ystyr enwau lleoedd yn bwne mor bwysig i'r Cymry yn y Fro.

Roedd Eisteddfod y Fenni yn bleser i ymweld â hi, a gobeithio bod pob un troeddiol draw i'r Maes arbennig yn cytuno gyda mi yn hynny o beth. Brodor o gyffiniau Y Fenni, sef Raymond Williams, sydd yn bennaf gyfrifol o'n dehongliad o grwpiau o ddiddordeb – hynny yw, gall grwpiau adlewyrchu diddordebau yn ogystal â bod yn derm daearyddol. Un grŵp o'r fath yw'r grŵp Enwau Lleoedd ar y Weplyfr [Facebook!] ble ddes i o hyd i adnodd arbennig o ran parhad yr erthyglau misol yma.

Fe ddaeth un erthygl i'r amlwg a wnaeth ddal fy llygaid yn arbennig gan fod yr awdur o'r Barri – neu Barry fel yr oedd yn nodi (sy'n ddidol achos eto darn o waith am bwysigrwydd enwau Cymraeg oedd y darn!) - sef 'Diogel Enwau Lleoedd Cymru' gan D. Arthen Evans, Ysgrifennydd Undeb Cenedlaethol y Gymdeithasau Cymraeg. Dyma felly ddetholiad o'r erthygl at eich sylw, gyda mw y ddilyn mis nesa, gobeithio:

'Y mae o leiaf dri pheth i'w cyflawni cyn

deall ohonom wir ystyr a hanes enwau lleoedd Cymru. Y mae angen eu diogelu, eu casglu a'u dehongli. Gellir diogelu heb gasglu, a gellir cyflawni'r ddeubeth heb dehongli; eithr y peth a fawr dymunwn ydyw cyflawni'r tripheth yn ddiymdrosi.'

Gobeithiaf yn fawr fod y golofn hon yn ceisio dygymod â'r tri pheth yna, a bod rhywfaint o gyflawnhad imi yna hefyd i barhau ar y gwaith!

'Nid digon ydyw eu casglu a'u cadw dan glo,' meddai D.A. Evans, a chytunaf yn llwyr gyda'r hyn sy'n dilyn hynny; 'Nid digon ydyw diogelu'r hen enwau drwy eu casglu a'u cadw mewn llyfrgelloedd, er crystal ydyw gwaith felly; y mae'n wir angenrheidiol i'w cadw'n fyw drwy annog pobl i'w harfer ar lyfr ac ar lafar.'

Nodaf – gyda nodyn o dristwch – bod y datblygiad newydd yn Llandochau Fach, fy nghartref erbyn hyn, dim ond yn arddangos enw Seisnig ar hyn o bryd, sef 'Canon's Walk'. A hynny ddwywaith: gyda dwy arwydd Saesneg!

Yn lle colli llymyn, fe wna i roi'r gair olaf i D. Arthen ei hun o 1927, a gofyn i chi ystyried sut mae pethau wedi newid ers hynny i drigolion y Fro:

"Yn y gwraidd nid ydyw diogelu enwau lleoedd Cymru namyn ffurf arall ar ddiogelu'r iaith Gymraeg ei hun...Y mae'n wir y pery enwau lleoedd Cymraeg mewn rhanbarthau o'r gwlad wedi i'r heniaeth ei hun gilio ohonynt, oherwydd y mae enwau lleoedd yn fwy hirhoedlog ar y ddaear nag iaith briod pobl...Erys yr hen enwau wrth yr ugeniaiu ym Maesyfed, Brycheiniog, Mynwy, ym Morgannwg, ac ym Mro Gŵyr hefyd, er nad yw'r Gymraeg mewn rhyw fri mawr iawn o fewn eu cyffiniau hwy bellach.'

Ydy pethau'n gwella, neu'n gwaethgu? Dewisiwch ddefnyddio'r Gymraeg bob tro er mwyn dyn.

Mae'r Gynghair Cymunedau Cymraeg yn edrych am gymunedau yn y Fro ble gellir annog diddordeb a gweithgarwch ar lawr gwlad yn y Gymraeg, boed hynny yn neuaddau pentref neu sefydliadau addysgiadol.

Cysylltwch: david@cymunedau.org 16 Heol Lewis Rd, Llandochau Fach 02920 707 469

Cymry Cymraeg Newydd



Ymweliad â'r Amgueddfa Genedlaethol

Bob blwyddyn, mae Cymrodorion y Barri yn cynnal 'Noson y Dysgwyr'. Eleni, mae pedwar siaradwr ail iaith wedi awgrymu term angen, Cymry Cymraeg Newydd, a herio'r gynulleidfa i ymuno â gweithgareddau sy'n rhoi hwb i'r iaith. Dyma'r llais olaf yn y gyfres, Judy Watkins.

Pam ydych chi'n darllen yr erthygl hon? Un peth yn unig rwy'n gwybod amdano chi – mae'r medru gyda chi. Braint nad oeddw i'n meddu am hi sbel yn ôl wedi treulio degawdau dros y ffifi.

Rhyfeddod oedd i fi ddarganfod gwledd o bethau ar gael bob dydd yn y Barri drwy gyfrwng y Gymraeg. Heb sôn am deithiau tywys Cymraeg ymhellach i ffwrdd.

Eleni, mae grŵp bach dan arweiniad y Cylch Siarad wedi mwynhau trip i Ganolfan Hywel Dda yn Hendy Gwyn, i'r ddrama 'Nansi' ym Mhenarth, i Eisteddfod Genedlaethol y Fenni, i'r Senedd yn y Bae, i setiau Pobol y Cwm, ac i'r Amgueddfa Genedlaethol.

Fel mae'r gyfres hon o erthyglau wedi dangos, mae'n bosib dilyn diddordebau o bob llun a lliw, waeth beth yw'ch lefel o fedru'r Gymraeg. Boed cerdded gyda Ruth King dan ymbard Valeways (hindda hefyd, rhaid dweud!), neu drafod hanes a barddoniaeth gyda Des Davies mewn un o gyrffau'r W.E.A.

Os chwerrhyn sy'n mynd â'ch bryd, beth am y Cwib Llyfrau misol soniodd Gareth Thomas amdano yn ei sgwrs i'r Cymrodorion? Cyfle heb ei ail i roi barn ar y llyfrau mwyaf cyfredol yn ogystal â rhai o'r hen ffefrynnau. Lot o hwyl i gael a marciau mas o ddeg i'r gyrol dan

syllw, dan arweiniad medrus Luned Whelan.

Diffyg hyder gyda darllen? Dim problem. Dewch i ryw beth wedi'i baratoi ar eich cyfer. Mae'r Cylch Darllen yn cwrrd am awr o ddarllen yn uchel nofel boblogaidd. Mae'n ymlaen bob wythnos fel rhan o'r cynnig nos Lun yng Nghanolfan Palmerston, sy'n dechrau eto mis Medi.

Mae'r sin yn fywio yn y Barri, a phleser o'r mwyaf yw gweld pob cenhedlaeth yn heidio i sesiynau achlysurol 'Gigs Bach y Fro' diolch i raglen Menter Bro Morgannwg. Mae eost Menter Bro Morgannwg hefyd yn hanfodol i ddal lan â'r diweddara. Felly, os yw'r fraint o fedru'r Gymraeg gyda chi, peidiwch â'i gadael ar yr aelwyd!

Am fanylion y Cylch Siarad neu'r Cylch Darllen, cysylltwch â: jude2020@live.co.uk

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10.00yb Gorsaf Rheilffordd Ynys Y Barri CF62 5TH
Dydd Sadwrn 10 Medi – 'Pen-blwydd Hapus Eglwys Sant Augustine' (Taith Estynedig)

2.00 ym Maes parcio cliff top café, Penarth CF64 5BP
Dydd Iau 15 Medi – 'Crwydro' Penarth (Taith lach)

10.00yb Gorsaf Rheilffordd Penarth CF64 3DQ
Dydd Mawrth 27 Medi – 'Trem y môr' (Taith Ddilyniant)

10.10yb Maes parcio Neuadd y Dref, Llanilltud Fawr CF61 1SD

Cofiwch wisgo esgidiau trymion a dillad addas. Dewch am dro a hybu'r Gymraeg yn y Fro. Croeso cynnes i bawb!

Am fwy o wybodaeth edwch i www.valeways.org.uk neu cysylltwch â Ruth 07800969157.

E-CHLYSUR

Mae Menter Bro Morgannwg yn darparu gwasanaeth e-bost sy'n hyrwyddo gweithgareddau a digwyddiadau cymdeithasol trwy gyfrwng y Gymraeg i blant, pobl ifanc ac oedolion ym Mro Morgannwg – ee. gigs, gweithgareddau i'r teulu, gwersi nofio i blant, cyrsiau hamdden i oedolion...

Gallwch gofrestru i dderbyn y gwasanaeth E-chlysur rhad ac am ddim yma ar ein gwefan: www.menterbromorgannwg.cymru

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10.00-11.30am

Canolfan Gmuneddol y Rhos / Rhos Community Centre

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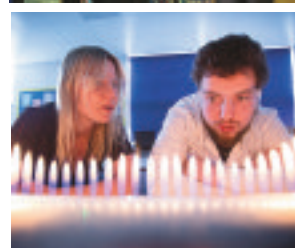
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Rhooose pensioner in telephone PPI scam

A pensioner from Rhooose nearly fell victim to an 'advance fee fraud' recently – and would have lost at least £316.

The 76-year-old man, who wishes to remain anonymous, described the incident as "quite frightening for anyone, especially an older person."

He contacted The GEM to use his experience as a warning for other readers in the hope that they do not lose out.

The gentleman was telephoned by a man claiming to work for a legitimate PPI company in England, which recovers mis-sold payment protection insurance, or PPI, on behalf of its clients.

'Mr W' takes up the story.

"A man with an Indian accent telephoned me and told me that I might be due a repayment of PPI. I was quite pleased to hear this, and thought it was legitimate because I had made inquiries about it a few years ago."

Mr W said that he was asked to give and confirm a few details

by **ANDY JOHNSTONE**

and to expect a telephone call once, he reported, further investigations were made.

"I waited a day or two," continued Mr W, "and received another call."

"Sure enough, I was called back, but this time by a woman with an Indian accent. She told me that I was eligible for a repayment of around £3,600 going back years. I was delighted. That's a lot of money."

Mr W was told to expect another telephone call about his 'claim'.

"Then a man phoned me and said that there would be a charge for the 'company's' work."

"He told me it would cost £316, which would have to be paid in advance. He told me to go to the Post Office and get a MoneyGram, and post it to them."

"I told him that I didn't have the money, but he told me to scabble the money together from my family and friends."

At this point, Mr W thought something rum

was afoot. He spoke to his family, and his son confirmed what he feared: he was being scammed.

"I reported it to the police, and was advised to report it to Action Fraud, which I did."

Action Fraud is the UK's national reporting centre for fraud and cyber crime.

"The person I spoke with told me that this was a common scam with the fraudsters using real companies as a 'front'."

Whilst such scams use the names of real companies, and damage their reputations in the process, there is no link between them and the fraudsters.

The GEM made numerous attempts by email and telephone to the company concerned, but received no response.

Mr W continued: "And worse than just the £316 I could have lost, they would have had my bank and other details about me. I could have lost everything."

An Action Fraud spokesperson said: "The best advice is to completely ignore any unsolicited calls or emails that promise you money in exchange for a fee and certainly never send or pay any money for what they are promising."

"Whatever is being offered – be it the promise of money back from a supposed PPI claim, investment opportunities, or some kind of competition winnings – fraudsters will try to get you to pay them money and then leave you high and dry."

"If you think you may have fallen victim to such a scam, then you should report it to Action Fraud."

Mr W said: "It's not a nice thing to happen, and I hope no-one else goes through what I did."

Visit www.actionfraud.police.uk or call the agency on 0300 123 2040 for information, advice or to report suspected fraud.

Cantorion Pontyclun Choir gig

CANTORION Pontyclun Choir will perform at Pontyclun Athletic Club on October 7.

The concert will also feature Bois Goetre-Hen Male Voice Choir.

Tickets (£5) are available at the door or from Anne Williams Chemist or Pontyclun community shop.

Meet the strongmen at Sully Sports Club

SUPPORTERS of a young man from Rhooose who needs a new drug to treat a kidney disease are holding a strongman event, and a family fun day, at Sully Sports and Social Club, on Sunday, September 18, from 2.30pm to 11.30pm.

Barry's star boxers, Lee and Andrew Selby, will be making a personal appearance at the event, which will feature two well-known strongmen, Mark Jeanes and Nathan Szuchik.

During the afternoon there will be a tug of war competition* balloon races, face painting, stalls, a bouncy

castle and the day finishes with a disco.

Funds raised on the day will go to help 18-year-old Benjamin Morgan-Brownhill of Rhooose, who is being treated for an extremely rare kidney disease C3GN/MPGN Type 1.

The family's renal consultant has said that his condition could be treated with a new drug that is not yet available on the NHS, and many local people are fundraising to help.

Donations can be made on <https://www.gofundme.com/a3zzech4>

*There is still time to enter a team in the tug of war. The cost is £5, and there should be five in a team. Email apriceonalfie@gmail.com to enter.

NEW FUND TO 'CELEBRATE COMMUNITIES'

OLDER people living at independent living scheme in the Vale are celebrating after receiving £2,000 of funding from the Big Lottery Fund 'Celebrate' programme.

Six out of 10 people surveyed, by YouGov for the Big Lottery Fund, say they cannot remember celebrating with their community. The scheme from the Big Lottery Fund (BLF) is to change this with grants of between £250 and £2,000 available for one-off events that celebrate communities.

Newydd Housing Association tenants have gained £2,000 from the BLF for a 'Welsh heritage-themed party' and awards ceremony to celebrate the hard work of tenants in their communities.

The celebration will include accolades such as 'neighbour of the

year', 'commitment to social inclusion' and 'digitally-improved tenant' and an opportunity to dine with family, friends, staff and care providers.

Sandra Rehman, a tenant at Arthur Davis Court independent living scheme in Barry, said: "I think it's a marvellous idea; I'm so happy that Newydd has been granted this funding. It goes without saying that it's important to bring communities together but nobody gets together as much as they use to these days."

"I'm really looking forward to it and it will be great to get everyone together to celebrate!"

Gareth Williams, 'Celebrate' programme manager for BLF in Wales, said: "Celebrate is having a positive impact throughout Wales. Money is helping people across Wales to celebrate what's most important to them in a way that will bring them together to build stronger communities."

'Join me in the fight against dementia'

A CROSS the UK an estimated 850,000 people are living with dementia; 45,000 of these people live in Wales.

Alzheimer's Society's 'Memory Walk' will raise vital funds to support people with dementia, providing a wide range of help, including support workers, music sessions and dementia cafés.

Cardiff Memory Walk will take place on Sunday, September 11, Llanelli Memory Walk on Sunday, September 25, and Gwent Memory Walk on Sunday, October 9.

I will be walking for my dad and all of my friends whose loved ones have been affected by this cruel condition. As a family, we've received invaluable support from Alzheimer's Society so I'm really looking forward to taking part in Llanelli.

I hope people will be more determined than ever in signing up this year to join the fight against dementia. The money raised really will help make sure those affected can access essential services across Wales.

Rupert Moon, (Alzheimer's Society), Cardiff

Disability no bar to Llandow track day excitement



Mike Newman, founder and CEO of Speed of Sight, moments after driving into the record books by driving solo at 200.51mph in a Litchfield GTR. Mike is blind.

LLANDOW is no stranger to speed.

From its wartime days as a fighter operational training unit for eager young men keen to slip the surly bonds of Earth to its modern incarnation as a racing circuit, high-octane fuel seems to be in its DNA.

Llandow Circuit hosts track and experience days many times a year, but the event on Thursday, September 15 is a little different.

Speed of Sight, a registered charity, is bringing the track-day experience and the thrill of 'riding the ragged edge' to Llandow and people with disabilities in the Vale and Bridgend.

Open to those with a disability – either from birth or because of illness, an accident or other injuries, including war wounds, and be it sensory loss, physical impairment or cognitive issues – the charity gives people the chance to drive dual-control track-day cars.

Sarah Pegler, of Speed of Sight, explained: "The charity provides what some have said are life-changing driving experiences."

"We aim to re-unite those who have

missed the thrill and enjoyment of driving in years gone by and to ignite those who have never had the opportunity to take part."

The charity was founded by Mike Newman, six-time Guinness World Record holder as the fastest blind man on the planet on land and water.

Formerly a bank manager, Mike broke his first land speed record on a motorbike, going on to achieve four more world land speed records in a car and more recently achieving the water speed record.

Speed of Sight is very much about what people can do, rather than about what they cannot.

Sarah continued: "The youngest driver we have had was six, while the oldest was 89, and we have a hoist to help people in and out of the vehicles."

"The experiences Speed of Sight can give people really can be life-changing."

Spaces on the grid are still available

as are sponsorship opportunities for local businesses.

For more information, or to book, visit www.speedofsight.org or email info@speedofsight.org.

Lara-Clare launches 'Music at Lunchtime'

THE ever-popular 'Music at Lunchtime' weekly recitals at All Saints Church in Victoria Square, Penarth, return next Monday, September 12.

This year's autumn season has been extended to accommodate new performers who have asked if they could be included in the church's programme of concerts.

All concerts start at 1pm and last about an hour.

The season of music is launched next week by Lara-Clare Bourdeaux.

Lara is a soprano who attends the Opera Academy in Cardiff having graduated from the postgraduate vocal course at the Royal Welsh College of Music and Drama (RWCMD) last year.

On the Saturday following Lara's recital at All Saints, she will be performing an evening recital in Oxford entitled 'Shakespeare's Heroines in Aria and Song'.

The audience will be treated to a selection of items from that programme on the Monday lunchtime. Lara-Clare will be accompanied by Nicola Rose.

All Saints Church is happy to welcome other new faces over the next three months.

The Cathays Chamber Players include musicians who have not performed at All Saints before and will be performing works by Mozart.

The Scott-McNicholas Experience is made up of Sue Scott on piano and Steph McNicholas (vocals) and we look forward to hearing many favourite songs from the '30s, '40s and '50s.

The recitals also welcome Scott



Lara-Clare Bourdeaux and Nicola Rose.

Baker to All Saints for the first time.

Scott is a classical guitarist who is another graduate of RWCMD and is taking regular bookings and looks forward very much to coming to Penarth.

We will also have the chance to hear music by artists who have played at the church before and never fail to please their audiences.

Entry to all recitals is free although many choose to show their appreciation by contributing towards a collection which goes into the All Saints Organ Restoration Fund.

Many concert-goers also choose to bring their lunch or a snack along and listen to the music in the gallery.

Teas and coffees are provided and the church is totally accessible to disabled people and a warm welcome is extended to everyone.

More information will be available on the All Saints website – www.allsaintspenarth.org.uk or from Dafydd G Jones, the parish administrator on 02920 703170 or admin@allsaintspenarth.org.uk.

DGJ

Art exhibition in Cowbridge

THE art exhibition now showing at the Old Hall, Cowbridge, displays the work of the Vale of Glamorgan Artists group, Voga.

It is an open show with a wide range of styles and subject matter from a group numbering more than 20 members.

Cowbridge artists Sue Edwards and Pamela Jones are well represented. The former has a selection of powerful images based on trees and woodland scenery.

The latter uses historic events for inspiration as shown in ceramic sculptures including pieces from The Somme and a 'Women Firsts' series featuring Amy Johnson, Nell Gwynne and Maud Stephens Wagner.

A frequent theme is Dyffryn Gardens with dreamlike paintings by Alan Brown and a fine drawing by Gwyn Price.

Judy Stephens shows bold, vibrantly coloured textile hangings as forceful as any abstract painting.

Digital art work is



A ceramic by Pamela Jones

represented by Bernard van Lierop using the humble theme of a roadside tree.

In the cabinets are authoritative stone carvings by Nia Bennett and very small, but intense wire constructions by Nina Lazarou.

The show underlines a range of experience, depth and energy. Visitors should find it a stimulating and enjoyable exhibition that ends on Thursday, September 29.

For more information and membership application links go to www.vogaartists.com.

Richard O'Connell, Chairman of Voga

'Big Wednesday' for local Guides



The girls on Coney Beach, Porthcawl.

EIGHTEEN girls from 5th Barry Guides, 2nd Cadroxton Guides and 1st Rhosue Guides joined over 60 Girlguiding Cymru members at Gorwelion Guide Centre in Porthcawl for a week of 'Surf and Turf' from August 22-26.

The Guides attended the Girlguiding Cymru summer camp with their Guide Leaders where the girls from all across Wales spent the week camping out and discovering new sports.

There were lots of water-based activities to get the girls' hearts racing, including paddle boarding, kayaking and surfing. On the

'turf', the girls had the opportunity to try more sports including quad biking, tennis, golf, archery and football. When a break was needed from all the adrenaline, there were nature and beach-based activities to enjoy, too.

Gabby Doyle, Girlguiding Cymru's sports development officer, who organised the camp, said: "As part of our 'sport through guiding' project, we have given the girls plenty of opportunities to try adventurous and exciting new sports at our summer sports camp. The girls gained confidence and developed new skills as well as having lots of fun."

Alfie's Angels 'can inspire a nation'



GARETH THOMAS believes his 'Alfie's Angels' will inspire thousands of people to get fit by running the Cardiff University-Cardiff Half Marathon.

The rugby legend is currently training more than 100 women and men to get in shape for Wales' biggest half marathon on Sunday, October 2, for the second series of his hit television programme *Alfie's Angels*.

All of his 116 'Angels', 113 women and three men, completed a 6.5-mile course starting and

finishing in Cardiff Castle on Sunday to mark four weeks until race day.

The women and men taking part in the challenge have all been chosen because they are new to running and have never completed a half marathon before, but all are keen to use the event to improve their health and well-being.

Former Cardiff Blues and Wales star Thomas said: "Every one of my Angels has put in a tremendous amount of effort and can be very proud of themselves."

"When we started this journey a few months ago, many of the women could not run for one minute without stopping,

now they have all completed half a half-marathon.

"I am confident all of them will finish the Cardiff University-Cardiff Half Marathon. It's not going to be easy but it will be a huge achievement for all of them."

"They have inspired me with the amount of hard work and determination they have shown and I'm sure they will inspire thousands of people across Wales."

"They show that you can achieve anything if you set your mind to it and I am so grateful to be a part of their journey."

The Angels will join more than 20,000 runners taking part in this year's Cardiff University-Cardiff Half Marathon on the 13.1-mile route around the capital.

Entry for the event closes at midnight on Sunday, September 11, with registration starting at £25 www.cardiffhalfmarathon.co.uk/register/

Celebs and superheroes on Taff Trail for Ty Hafan



Matthew Pritchard and friends.

BATMAN, the Hulk and a caveman were just some of the colourful characters who completed Ty Hafan's Taff Trail Cycle Challenge from Brecon to Cardiff on Sunday (September 4).

A drizzly morning didn't stop more than 450 cyclists taking on the 52-mile challenge, which was sponsored by EE, along the picturesque route.

Former *Dirty Sanchez* star, Matt Pritchard, Ospreys winger Hanno Dirksen and Welsh DJ Neil Navarra were three of the participants who signed up for the fundraising event to support life-limited children and their families across Wales.

A keen supporter of Ty Hafan, Matt said: "It was a great, muddy day to start with, but you have scenery like the Brecon Beacons to look at and the safety of the Taff Trail to follow."

Many families supported by Ty Hafan also took part including bereaved dad, Lee Morgan, from Bridgend.

His 10-week-old son died from a rare genetic muscular condition called SMA type 1.

He said: "I decided to sign up for the Taff Trail Challenge to give something back to Ty Hafan and to help other families who need their support."

"I didn't know about the charity until we had Ezra. It's not something you expect to happen, but I'm so glad we had Ty Hafan's support."

Mair Kinsey, interim events manager for Ty Hafan, said: "This was the 14th year of the challenge and we are so pleased that the public continually get on their bikes to help the families of life-limited children at our hospice and in communities across Wales."

It is estimated that the Taff Trail Cycle Challenge will raise £60,000 to help life-limited children and their families make the most of the time they have left together.

To register for Ty Hafan's next event - the *Pendine Sands Rainbow Run* on Saturday, September 17 - visit www.tyhafan.org.

Photographic club's assignment captures the Vale in Summer

IT seems no time since the beginning of July when we finished last year's programme and looked forward to 12 weeks of summer assignments, and our exhibition at the Vale Show.

Both lived up to high expectations with lots of members participating in our weekly photographic challenge and many more voting each week for their favourite image.

With the winner switching weekly between at least four members the final result came down to the wire before Peter Dennis won with a cumulative score of 474 points - well done Peter!

Despite mixed weather throughout the summer, the Vale Show was again very lucky and we had a great time promoting the club.

Hopefully this will result in lots of new faces at our regular Friday evening meetings.

Our invitation to 'pick the best image' was entered by almost 100 visitors and this year Andy Foyle's *Himalayan Poppy* and Mike Davies' *Elusive Heron* came joint first.

The names of all those who picked either of the winning prints were placed into a hat, with congratulations to a resident of Llantwit Major whose winning ticket was rewarded with a John Lewis voucher. Thanks again to all those who took part on the day.

Here we are at the start of our new 'season' with the first meeting done and dusted and a completely new and very varied programme in place to take us through to the beginning of July next year.

The club meets at Ystradowen Hall at 7.30pm on Friday evenings and beginners, intermediates and experienced photographers are all very welcome, so why not pay us a visit? For details go to <http://www.vale-photographic-club.co.uk/programme.html>

Nick Thornton

Bridge Club results

THE results for the Vale of Glamorgan Bridge Club for September 5 are as follows:

Simultaneous Pairs: First, John Evans and Steve Burgoyne 69.58 per cent; second, Tony Ratcliffe and Julian Pottage 58.33 per cent; third, Alan Lewis and Terry Evans 57.50 per cent.

LE



Andy Foyle's Himalayan Poppy.



Mike Davies' Elusive Heron.



Vale Show exhibition.

War veteran meets AM



Stan Smith (seated) and 12-year-old Ellis Hinton meet Jane Hutt AM.

THE Barry at War Museum Group hosted its annual Wartime Weekend on September 3-4 at Barry Island Station.

Vale AM Jane Hutt attended the event and said: "There was a packed schedule at the Barry Wartime weekend event with a 1940s theme, including music, displays and home front items. I was very pleased to meet 90-year-old Barry war veteran Stan Smith."

Go to the **The GEM** for the latest stories and breaking news...

www.barry-today.co.uk
www.cowbridge-today.co.uk
www.llantwit-major-today.co.uk
www.bridgend-today.co.uk
www.porthcawl-today.co.uk

Wartime Weekend at Barry Island turns on style with fashion show



'Angel sings the songs of the 1940s'
- image by Glen Booker.



People visiting Barry Island were transported back to wartime Britain. Among the events was a fashion show.

THE fifth Wartime Weekend at Barry Island Station was duly held on September 3 to 4.

The weather on the first day was not helpful, especially as it deteriorated as the afternoon progressed.

Sunday was near perfect for those dressed up in 1940s uniforms.

If Saturday was very good, then Sunday was too good for words!

The Barry at War Group and many others who supported and took part are well satisfied with way the weekend went.

Three cheers to them and bless them all, I say!

Over the two days we enjoyed songs of the 1940s from Arthur Cook from Devon and Angela Incedon from Barry, and on Sunday the marvellous local ladies choir Only Menopause Aloud – not forgetting the unmissable lively Lindy Hop dancers from Cardiff.

We had military vehicles in front of the station and on the middle platform; Emma the Sweetie Lady in her converted horse box; exhibitions of military equipment and medals; sellers of jams and crafts; service charities Royal British Legion (RBL) and the Royal Air Force Association, RBL Bikers, and the British Heart Foundation; South

Wales Armoured Group and their tanks and Paul Chick and planes and more.

At the heart of the event there were talks given by local historians Ron Powell from Barry Island, John Powell from Swansea and Alun Salisbury from Cardiff on aspects of WW1 and WW2, and a WW1 film,

Letters Home, produced by Jaye Swift.

Knowing that I have surely missed out someone from this quick report, please check out the Barry War Museum website and find fuller reports there.

Thanks to all those who supported the Wartime Weekend in so many different ways –

especially Bro Radio – and to those who were there in person!

Last word: many thanks to John Buxton who operates the Barry Tourist Railway,

Thanks also to Kath and all her hard working helpers without whom the event would not have been possible.

GLENN BOOKER

Wartime weekend is tinged with sadness after Eileen's death

LAST weekend's Barry at War event was tinged with sadness after the sudden death of Eileen Younghusband at the age of 95.

A remarkable lady, she published her first book, *One Woman's War*, at the age of 90, detailing her time in the 'War Room' during the Battle of Britain, plotting the whereabouts of attacking German planes.

The organiser of Barry at War, Glenn Booker, told The GEM: "On Saturday, we observed a minute's silence and the three flags were left at half mast as a mark of respect for Eileen Younghusband, who sadly passed away just before the weekend. "Eileen was due to speak about her service during WW2. She will be greatly missed by her many friends here in Barry and nationally."

Eileen Younghusband settled in Sully when she retired, but she enjoyed an active retirement. Before her late career as an author, she had been a campaigner on health and education issues.

Following her debut as an author, she wrote two more books – *Not an Ordinary Life* (her autobiography) and *Eileen's War* (a reworking of her WWII experiences, aimed at a younger audience).



Eileen Younghusband with her first book.

Mr Booker said that the Barry at War Weekend had been well attended. He said: "This year we introduced flag raising and flag lowering services to begin and end the day."

"These moving ceremonies were skilfully led by the Parade Marshall David Green and three superb cadets per ceremony. Rose played the bugle to add to the solemnity of the occasion."

IMAGES by ANDY WICKS and WORDS BY GLEN BOOKER

GET BACK ON TRACK FOR THAT BRAND NEW START!

It's time to think about making some changes, improving your skills and qualifications, look for a new job or simply to improve your confidence and self-esteem.

The Vale Council Get Back on Track programme provides a wide variety of Courses right across the Vale of Glamorgan in partnership with other providers, including Communities First, Jobcentreplus, and Flying Start. The courses are free to those eligible and a free crèche is provided at some centres.

There are a wide range of computer skills workshops on offer with the chance to learn the basic ICT skills that you will need in almost any workplace, or progress to further ICT courses in Excel, Web Design, Powerpoint or PC Maintenance.

You can gain an Agored, OCR or even an ECDL qualification.

Weekly workshops throughout the Vale are available to support your jobsearch.

New courses in Hairdressing and Beauty, Childcare and Health, and Social Care are an ideal stepping stone to further education and training.

Whether you are looking for employment or volunteering opportunities, there are a range of short workwise courses in Hospitality, Customer Care, and Health and Safety while British Sign Language, Communication and

Creative Writing will give you the skills you need and enhance your CV.

A programme of courses to support anyone with additional learning needs or those with an experience of mental health is also available.

Reading, writing and

maths are essential skills that help you get on in work and life in general. If you want to improve your skills or if you don't have any qualifications, then this is the place to start.

Classes at all levels are available at the Vale Learning Centre.

You can start at any

time and attend when it suits you, either day or evening.

For more information pick up a course list from Vale of Glamorgan Buildings of Libraries or on line at www.gbotfree.org or call Palmerston centre 01446 733762

FREE COURSES Get back on Track!



Adult Community Learning Addysg Oedolion Cymunedol

New Courses Start September! Cyrsgau Newydd dechrau mis Medi!

www.gbotfree.org
01446 733762



CYRSIAU AM DDIM
NŌl ar y Trywydd lawn!

TIM VAUGHAN RACING'S 'OWNERS DAY' – A GREAT CHANCE TO MEET THE TEAM

PHOTOGRAPHS
by MIKE WILCOCK

ON Saturday, September 6, Aberthyn-based racehorse trainer Tim Vaughan invited people from all over the UK to an annual Owners' Day at his Pant Wilkin Stables.

As you can see from Mike's photos, the day was a huge success, providing prospective investors and current owners with the opportunity to meet his fantastic team and to see the horses on parade.



Great British Skinny Dip participants go 'au naturel' at Monknash



The Great British Skinny Dip took place over last weekend and local participants went 'au naturel' at Monknash Beach. A spokesman explained that the idea was for people to go costume-less and raise awareness "of how many people's buttoned up attitude to the human body is causing them to lead potentially unhealthy lives."

Conservative Leader's tribute to WWII veteran

COMMENTING on the sad news of the passing of World War II veteran and Vale resident Eileen Youngusband, South Wales Central AM and Welsh Conservative Leader Andrew RT Davies has paid tribute to her for the key role she played in stopping German rockets that devastated British cities.

Mr Davies said, "At just 19 years of age, Eileen Youngusband joined the Women's Auxiliary Air Force and used her remarkable talents to play a key role in keeping our cities safe from rockets that caused such danger and devastation."

"Without her vital contribution, far more lives would have been lost and the destruction would have been

immeasurably worse.

"She was a true hero and an inspiration to us all – as we all enjoy the peace and freedom we so often take for granted we must all be truly grateful to her for the role she played in making this possible."

"What is truly incredible is that no matter what challenges faced her, she always stood up to them and took them on with enthusiasm, letting nothing get in her way."

"Whether it was keeping our cities safe during the War, completing a degree in her eighties or fighting for campaigns she believed in – she would never be fazed and would always stand tall."

"She will be truly missed in Sully, across the Vale and further afield, and I would like to pay tribute to her for the significant achievements that she made."



MESSY CHURCH

MESSY Church meets at Crossway Methodist Church on Monday, September 19, from 3.30pm.

With Harvest in mind, there will be messy crafts, Bible stories and fish and chips. To book a place, contact Deacon Sam on 01446 406262 or deaconsam@live.co.uk.

Messy Church is suitable for children of all ages and an adult must accompany children.

Appeal over fake £50 notes

SOUTH Wales Police is investigating an incident involving the use of counterfeit currency, which was passed at supermarket in Cowbridge.

Two incidents occurred – seven minutes apart – with the first at 4.50pm on July 10, 2016, where counterfeit

£50 notes were used.

A police spokesman said: "If you have any information regarding this offence, or have been passed similar counterfeit currency, please contact police on 101, or contact Crimestoppers, anonymously, on 0800 555 111 quoting occurrence: 1600258491"

Barry man who served in every civic office

LOCAL historian Laurie Owen continues his look at Barry history, and reports on at the first Chairman of Barry District Council, who was also a successful timber importer.

John Claxton Meggitt born 1858 in Wolverhampton, and came to Barry in 1884 as the construction of the docks was just beginning.

His father Joseph was a commercial clerk in the timber trade, so it is likely that John, as a young boy of 15, would have worked with him in Shelton & Son's, the timber merchants alongside the canal in Wolverhampton.

Joseph's position must have been responsible and well-rewarded, as the family had a servant living with them as early as 1861. This early introduction would give him an insight into the workings of the business, but he could not have known at that stage where his future would lie.

When Joseph and Sarah Meggitt gave their first-born son the middle name of Claxton, this surely meant they were expecting great things from him and it's true to say that he did not disappoint them.

This quiet village in south Wales was destined to become a boom town providing opportunities for ambitious young men and with his knowledge of the timber trade, he left the comforts of home in England in search of a new adventure.

It is not known how John came to know an older native of Merthyr with the impressive name of David Sibbering Jones, but very soon 'Meggitt & Jones' were trading as timber merchants, initially operating from the Old Harbour, before moving to Cadogton and then finally to the docks.

In 1887, John married Beatrice Mary Proger, daughter of prominent businessman John, a master plumber employing 17 men and also a town councillor living in Park Place, Cardiff.

The speed and scale of J C Meggitt's achievements were impressive indeed because since his arrival in Barry in 1884 as a young single man, he had immersed himself not only into building a business, but had also taken a keen interest in the local community.

Initially, the interests of the town were controlled by the Local Board for the District of Barry and Cadogton, then in 1895, at the first annual meeting of the new Barry Urban District Council, John was elected its chairman.

At various times he was chairman of the Public Libraries Committee, was one of the founders of the first reading rooms in Cadogton, and a vice president of the Barry Cyclists' Club.

He was also chairman of many other committees, an elected Liberal councillor for Barry and Cadogton, and a staunch non-conformist advocate of the Temperance Movement.

One of his finest achievements must be that in 1891 he bought a cottage at 34, Kingsland Crescent, and gave free use of the premises to the Barry Nursing Association. In the early days, it was only voluntary donations which paid the expenses and every year they lost money, until in 1896, the C H Bailey staff of the Tyne Engine Works agreed to donate one penny a week with the owner matching their contributions.

This gesture would soon lead to similar schemes from other workers on the docks. Finally by 1900, the urban district council were persuaded to help pay the costs out of the rates.

Sister Amy Evans was its first nurse, who later would become the superintendent of the new Accident and Surgical Hospital set up next door at No. 36 in 1895. Sadly, in 1898 after a disagreement, she resigned and set up a 'voluntary hospital for the destitute, sick and dying' at 161, Holton Road until moving opposite to a larger property in 1903. This building on the corner of Castleland Street is still referred to as the 'Amy Evans', by the older residents of town.

It should be remembered that John's initial act of generosity in purchasing the property for such a good cause, would eventually lead to the building of Barry Accident Hospital in Wyndham Street in 1908, which would serve local residents for many years.

As a businessman, he could also see the benefits of being a good employer and in 1895 he took 50 workers to Ilfracombe and on another occasion to Minehead on the P & A Campbell paddle steamer. In 1904, they went to Abergavenny with no mention of the mode of transport.

In 1898 as an alderman on Glamorgan County Council, he resigned and was re-elected by 507 votes to 56. As a JP he could be found dealing with criminals at court, but he was also one of the education enthusiasts of vision and high ideals, pressing for secondary education, and when Barry County School opened in 1896, John was a governor.

An interesting tale was recorded in 1902 at Barry Docks when the SS *Platea* with its large cargo of spruce for Meggitt & Jones, was offloaded in six working days, when the previous record was nine and a half days at Liverpool.

Records show that at various meetings, there would often be disagreements among the local politicians which would then lead to readers' letters in the press, much as we still enjoy today.

In 1891, John was living on Park Road in a large house which he named 'Seacroft', with his wife Beatrice, eldest daughter Dorothy, baby John Stanley and two servants, with his business partner a near neighbour.

On a personal note, my paternal grandfather learned his trade as a gardener to Lord Derby on his Fairhill Estate in Hildenborough, Kent.

Unfortunately, the death of his employer in 1908 led Charley Owen to make the major decision to start a new life as a gardener to a timber merchant in south Wales.

This journey with his wife Emily Jane and six young children from 'The Garden of England', would lead to a whole new generation of Welsh people born to an Englishman with a Welsh surname.

For reasons unknown, John had advertised in a newspaper in Kent and Charley, no doubt with a good reference from 'his lordship', was employed as a gardener to Mr Meggitt at 26 shillings a week.

As a matter of interest, Barry Council was paying gardeners 28 shillings a week at that time, but I imagine grandfather Charley was just pleased to be in employment again. By coincidence, the eldest son of Charley Owen would marry and later live at Meggitt Road at the Colcot.

By 1911, the Meggitt family consisted of eldest daughter Dorothy, first son John a timber clerk, Frank a scholar and second son, 15-year-old Arthur, away at Mill Hill Public School in London. In a further sign of the standing of this family, with Isabel Wakefield now their cook and chambermaid Minnie Maria Wakefield caring for their family needs, my grandfather would supply their fresh produce, grown in the extensive grounds of Seacroft.

The Barry Dock News reported in 1899 that John visited his cousin Jonathan in the USA, to aid his recovery from a health problem. While he stressed how wonderful were the sights, his overall impression was one of corruption, which thankfully did not occur in Barry.

He would later sail from Liverpool to Boston aboard the SS *Celtic* in 1928, followed by a journey to Niagara Falls in 1931 at the age of 72. A fine tribute to J C Meggitt appeared in the Western Mail in 1907, calling him a "pioneer of modern Barry, filling every available representative public position over an 18-year-period."

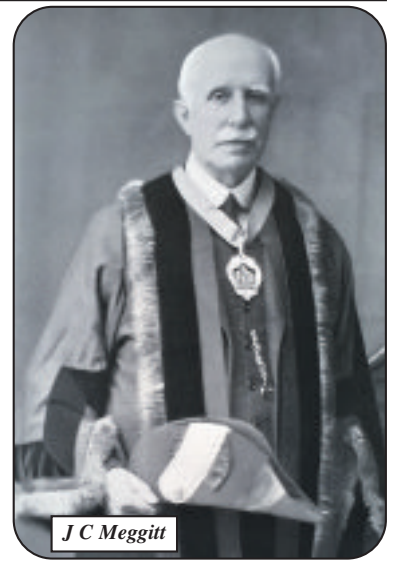
Failing health had caused him to resign as alderman some years earlier and soon after as a councillor, though he did remain a JP for many years. His name still appeared in the press over the years and he was always concerned with the education of children.

In 1919, he gave 7,000 primary school pupils an illustrated book entitled *World Tyranny or World Freedom*, so that they may know the true meaning of the First World War. His wife Beatrice Mary must have also been very active because in 1919, the Queen of the Belgians awarded her the Queen Elizabeth Medal for 'rendering much self-sacrificing service to the Belgian nation and its refugees' during the war.

What is interesting to me as a lifelong Barry resident is that as adults, we knew about Meggitt & Price on the docks, but actually it was not until 1965 that Meggitt & Jones merged with Thomas & Price to take on the new name.

As a fitting tribute to the tremendous contribution he made as the town was growing, when Barry became a Borough in 1939, John was elected 'The Deputy Charter Mayor' with The Right Honourable The Earl of Plymouth, P C, the 'Charter Mayor.'

John Claxton Meggitt 1858-1950: After a long and fulfilling life, he died in his beloved Seacroft in his 92nd year. After a service in Windsor Road Church, he was buried in Merthyr Dyfan Cemetery, with the request that there be no flowers.



J C Meggitt

Samaritans go into schools for a new 'DEAL'

SAMARITANS Cymru has launched a pilot school partnership with eight secondary schools in Cardiff and Rhondda Cynon Taf.

All eight schools will be teaching a set of lesson plans developed and written by Samaritans for the next academic year.

The DEAL (Developing Emotional Awareness and Listening) teaching resources have been created to help prevent emotional distress in young people and break down barriers around talking about emotional and mental health.

The secondary schools involved in the pilot are Greenhill Special School, Cathays High School, Whitchurch High School, Fitzalan High School, Cardiff High School, Corpus Christi High School, Ysgol Plasnewydd and Aberdare Community School.

Samaritans Cymru said that in the context of a reported increase in self-harm admissions, eating disorders and referrals to mental health services in Wales, their schools resource has been met with enthusiasm.

DEAL is designed to encourage young people to talk about their problems and help them to develop coping strategies, whilst learning to recognise when they need help.

Sarah Stone, executive director for Wales said: "With half of all mental health problems beginning by the age of 14, school years are the crucial opportunity to equip children and young people with the skills they need to face the

future with resilience and optimism. Emotional health lessons in schools could reduce pressure on mental health services and reduce specific mental health problems."

Kirsty Williams, Welsh Government secretary for education, said: "It is vital we continue to do all we can to support children and young people who are experiencing emotional difficulties."

"I am therefore heartened to see this commendable collaboration between schools and Samaritans Cymru and pleased this valuable resource will be made available to others via 'Hwb', our digital learning portal."

The launch of their project arrives as The Children's Society's annual review of young people's wellbeing suggests that 13,000 girls in Wales aged between 10 and 15 – one in seven – were 'not happy' with their lives.

According to the survey, the number of girls stating they were unhappy has risen 21 per cent over the last five years. The proportion of boys aged 10 to 15 who reportedly said they were 'unhappy' with their lives' remained at one-in-nine.

The bilingual web-based lesson plans are available to download for schools and educational settings in Wales through their website.

In addition, as part of the launch, the resources will also be available to download through 'Hwb', a collection of digital resources which have been created or endorsed by Welsh Government.

To find out more about DEAL or download the resources, please visit www.samaritans.org/DEAL

New doctors recruited



Dr Matthew Jones



Dr Qian Chen

MORE than 300 junior doctors have joined Cardiff and Vale University Health Board this August as the Autumn induction programme gets under way.

During their time at the board, they will be working on various rotations including paediatrics, trauma, surgery and general medicine.

Matthew Jones from Somerset has been training for five years and decided to pursue a career as a GP in Cardiff after working both in Wales and England. His first day was in paediatrics, in which he will spend six months before rotating to the emergency unit to learn more about trauma.

He said: "I graduated from Cardiff University and thought I would come back to the hospital that I know reasonably

well. It's a big hospital, it's a trauma centre, it's certainly somewhere where you would learn an awful lot of medicine or surgery."

Dr Qian Chen chose to come and work in Cardiff from Shanghai and said he was starting in surgery, but had an interest in paediatrics. He said: "Firstly, my seniors told me that Cardiff, and Wales in general, has a really good teaching programme for junior doctors, and everyone is really nice and supportive and you learn a lot here."

"Secondly – at the time – the junior doctor contract was quite a concern for doctors in England, so I think that is a big reason why many of us chose Wales this year."

"Thirdly, I was feeling quite adventurous myself and thought I'd never been to Cardiff or Wales, so I thought I would come here and explore."

St Fagans' free food fest features family fun, foraging and fly-fishing

TAKE some stalls showcasing the finest Welsh foods and drinks, add a healthy helping of history, mix it up with free admission and serve it all in a unique open-air setting!

This is what will be happening at St Fagans National History Museum over the weekend of September 10 to 11, from 10am to 5pm as the St Fagans Food Festival returns to tickle the taste buds.

Visitors can taste and buy produce from more than 80 stalls around the museum, buy bread and cakes baked in the bakehouse and try home-made pork sausages made with meat from animals reared at the museum.

From traditional Welsh fare to 'cutting-edge' cuisine and cheese to chocolate brownies and Welsh cider – there will be plenty of treats for everyone.

As well as whetting the appetite, there will be plenty of

family friendly demonstrations and activities to feed the mind.

Share your family recipes with us at the Oakdale Workmen's Institute from 11am to 3pm on both days.

Drop in to Gwalia Stores to see what would be in a 1920s' shopping bag and how much it would cost. Meet members of the Great War Society to experience the life of soldiers and nurses

during the First World War, but without the 'crump'.

Join Adele Nozedar, the 'Hedgerow Guru', on a tour to find out more about the range of edible plants in the gardens, or try your hand at fly fishing on the castle lakes with world champion 'castmaster' Hywel Morgan.

For more information, visit museum.wales/stfagan

Valeways walks

On September 10 at 2pm, 'Penblwydd Hapus Eglwys St Augustine', starting at the cliff top cafe, Penarth, CF64 5BP.

On Wednesday, September 14 at 10.30am, the Cosmeston Coffee Shop Strollers meet at Cosmeston Country Park visitor centre.

Also on September 14 at 2.30pm, the Llantwit Major Coffee Shop Strollers meet at Llantwit Major Town Hall car park.

On Thursday, September 15 at 10am, Crwydro Penarth, Gorsaf Reilffordd, Penarth.

Beetle drive for roof

ALL Saints Church, Barry, is holding a beetle drive in the church hall on Friday, September 16 at 6.30pm.

Tickets are £4 for adults and £1 for children, with light refreshments included. There will also be a raffle. For tickets and information, contact David Ball 07704 350809. All proceeds will support the recently-launched roof restoration fund.

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LAW FIRM INVESTS IN BARRY AND BRIDGEND



The team at the new offices in Bridgend.

FAST-GROWING south Wales law firm CJCH Solicitors has reaffirmed its commitment to clients in the Vale of Glamorgan and Bridgend by investing in new and refurbished offices.

CJCH, a Wales top-20 law firm with headquarters in Cardiff, has more than 100 staff spread across its headquarters and offices in Barry and Bridgend.

The firm has now opened a new office in Dunraven Place, Bridgend, and has rebranded and refurbished its two offices in Thompson Street, Barry.

"This investment in

Barry and Bridgend shows our continuing commitment to these areas," senior partner, Stephen Clarke said. "We have a new Cardiff headquarters and our international business is growing rapidly, but our commitment to the Vale and the Bridgend areas is equally strong."

The Barry offices are the base for a team of 20, and have been rebranded and refurbished to enable clients to access a full range of services.

The all-new Bridgend office incorporates Wales' oldest law firm, Gaskell and Walker, formerly of Park Street, and has a team of 14.



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BETWEEN
10AM AND 1PM.**

Hellas Drive, Barry - £350,000

Four double bedroom detached residence situated on the highly desirable Highlight Park development enjoying panoramic views across the Vale of Glamorgan.



Afal Sur, Barry - £249,950
Three bedroom detached residence comprising: Entrance porch. Hall. Lounge. Dining room open onto modern fitted kitchen installed 2014. Utility room. Cloakroom. Conservatory. Driveway and garage.



**OPEN HOUSE
SATURDAY 17TH
SEPTEMBER
BY APPOINTMENT ONLY
BETWEEN
10AM AND 1PM.**

Tynewydd Road, Barry - £334,950

Four double bedroom detached residence set within generous gardens, situated in the heart of Barry. Renovated throughout to a high standard and offering ideal family accommodation.



Old Chapel, Barry - £345,000
Grade II listed detached chapel set within wrap around gardens with detached garage and bespoke accommodation. Comprising: Lounge. Music room. Kitchen/dining room with utility area. Cloakroom. Four bedrooms and family bathroom. Driveway and garage.



St James Crescent, Barry - £300,000
Four bedroom detached property comprising: Hallway. Three reception rooms. Conservatory. Kitchen/breakfast room. Utility room. Bathroom and en suite. Rear garden. Driveway and integral garage. Countryside views.



Waters Edge, Barry - £179,950
Two bedroom ground floor apartment comprising: Entrance hallway. Open plan living room and fitted kitchen. En suite shower room and bathroom. Secure, gated allocated parking. Sea views. NO CHAIN.



Glan y Mor, Barry - £116,950
Three bedroom ground floor apartment comprising: Communal hallway. Entrance hallway. Lounge/dining room. Fitted kitchen. Bathroom and en suite shower room. Waterfront views. NO CHAIN.



Llewellyn Street, Barry - £101,950
Newly refurbished three bedroom mid terrace property comprising: Entrance hallway. Lounge. Dining room. Modern fitted kitchen and ground floor bathroom. New flooring throughout. NO CHAIN.



John Street, Barry - £99,950
Three bedroom mid terrace property situated in the East end of Barry. Accommodation briefly comprising: Entrance porch. Living room. Kitchen. Ground floor bathroom. NO CHAIN.



Port Road East, Barry - £239,950
Three double bedroom semi detached property comprising: Hallway. Two reception rooms. Fitted kitchen. Sun room and Downstairs w/c. Large rear garden. Driveway for four/five vehicles. Garage.



Heol Miaren, Barry - £255,000
'Redrow' three four bedroom detached residence comprising: Lounge. Dining room. Conservatory. Modern fitted kitchen. Utility room. Family bathroom. Enclosed, south facing rear garden. Driveway for two vehicles and converted garage.



Pontypridd Road, Barry - £279,950
Two/three bedroom detached bungalow comprising: Entrance porch. Hallway. Lounge. Dining room. Kitchen/family room. Utility room. Bathroom. Driveway. Garage. Large mature rear garden. NO CHAIN.



St James Crescent, Barry - £379,950
Well presented executive five/six bedroom detached residence situated in a cul de sac location within the sought after West end of Barry. Benefiting from views over farmland and open countryside. Offered for sale with no chain.



Barry Road, Barry - £229,995
Three bedroom semi detached property comprising: Hallway. Lounge. Dining Room. Lean-to/Summer room. Fitted kitchen. Family bathroom. Large, south facing rear garden. Driveway and Garage. Sea views to first floor.



Ty'r Sianel, Barry - £119,950
Two bedroom first floor apartment comprising: Communal hallway. Entrance hallway. Living room. Kitchen. Bathroom and en suite shower room. Gas central heating. Allocated parking and visitors' parking. NO CHAIN.



Cliffwood View, Barry - £315,000
Four bedroom detached bungalow set within a cul de sac location situated in the highly sought after Garden Suburb comprising: Hallway. Living room. Conservatory. Kitchen. Driveway and garage.



Coronation Street, Barry - £114,995
Two bedroom mid terrace property comprising: Two reception rooms. Kitchen/dining room. Two double bedrooms. Bathroom. Enclosed rear garden. Close to amenities and public transport.



Bell Street, Barry - £128,000
COMPLETELY RENOVATED THROUGHOUT. Two bedroom mid terrace property comprising: Entrance porch. Living room. Modern fitted kitchen, downstairs w.c/utility room and first floor bathroom. NO CHAIN.



Verona Place, Barry - £86,950
Three bedroom mid link property situated in the East end of Barry. Accommodation briefly comprising: Entrance hallway. Downstairs w/c. Living room. Kitchen/breakfast room. Utility room. Shower room. NO CHAIN.



Butt Lee Court, Barry - £84,950
Two double bedroom first floor apartment with panoramic views across Barry comprising: Entrance hallway. Generous lounge/dining room. Kitchen/breakfast room. Two double bedrooms. Bathroom. NO CHAIN.



Colcot Road, Barry - £350,000
Spacious and beautifully presented three double bedroom detached residence, one of only three of its kind and benefiting from many original features with architectural plans for a double storey extension. Large garden approx 300ft. Driveway and garage.



Jewel Street, Barry - £139,950
Traditional three bedroom bay fronted property situated in the heart of Barry. Accommodation briefly comprising: Entrance hallway. Two reception rooms. Kitchen. Downstairs family bathroom. NO CHAIN.



Park Road, Barry - £439,000
Well presented and maintained four bedroom detached residence situated on the fringe of Porthkerry Country Park within the sought after West end of Barry. Benefiting from an annex with living accommodation.

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Palmers Vale Business Centre, Barry £365,000 (FOR SALE)

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4 Bedrooms
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Windmill Close, Wick
4 Beds. 2 Recps.
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Sunset Cottage, Wick Road
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Cwrt Syr Dafydd, Llantwit Major
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Cowbridge RFC defeated despite late comeback

THE first game of the season saw Cowbridge travel to Penygraig on a typically wet and windy day.

Last season Penygraig pipped Cowbridge home and away, and this was a similarly close encounter. Fielding one of the youngest teams for a long time, Cowbridge kicked off in the pouring rain and were soon on the scoreboard with a well taken penalty by fullback and acting captain Ben Wright.

Both sides showed plenty of enterprise with Cowbridge's Rhod Walker and Kieren David making the hard yards and Wright was just wide with a second penalty after a good up and under and take.

Even though there were some problems in the scrum, Cowbridge looked the more dangerous side and a great rip from a maul by excellent No.8 Dan Holder looked to send the backs towards the try line but the otherwise very good referee bizarrely gave a penalty.

Penygraig edged into the Cowbridge 22 and another penalty was converted to level the scores. With a couple of minutes of the first half led Penygraig took the

lead with a second penalty. The half-time score was Penygraig 6, Cowbridge 3.

Cowbridge started the second half well and some deft handling by prop Craig Boxall almost resulted in a try, but it was the home side first to score with a third penalty from 40 metres.

Soon after a fracas ensued in the middle of the pitch resulting in a red card for a Penygraig second row for headbutting. Following the penalty a fine touchline burst by hooker Rhys Price took Cowbridge up to the 22, but Penygraig soon fought back to the Cowbridge line and desperate defence resulted in a yellow card for the aforementioned Price.

As the relentless rain continued and both teams down to 14 with Penygraig camped in their favourite corner of the pitch and from a scrum drove over for the first try of the game.

Despite being back to 15 men and with some fresh legs on the field, the relentless mauling of the bigger home pack resulted in a second try this time converted. Although facing an 18 point deficit Cowbridge's heads did not drop.

With the heavier

Penygraig pack visibly tiring and a couple of crunching tackles by No. 10 Alex Guard Cowbridge were soon in the home 22.

Following a couple of storming runs by substitute Geraint Thomas as well as a quickly taken tap penalty, quick ball along the backs saw centre Pat George burst through near the post. Wright added the extras.

Despite a Penygraig foray into the Cowbridge 22, a loose ball was snapped up by scrum half Adam Dix who spun a superb pass to wing Zac Summerhayes who charged forward, chipping the ball into the 22, winning a lineout.

From the lineout the ball was tapped down to prop Dai Popham who managed to slip a pass to Rhys Price to slide over in the corner.

Unfortunately, that was almost the last play of the match and the referee blew for full time leaving 29 exhausted players on the pitch and a final score Penygraig 21, Cowbridge 15.

In spite of the conditions, this was a thoroughly entertaining game. Cowbridge left it just a little too late to clinch a win.

It was great to see so many players available, especially from last year's successful youth team. Not enough room to mention everyone, but all the squad contributed, long may it continue.

Finally, mention must be made of Richard Killick who ran the line in such awful conditions, last seen as an extremely large puddle on the floor of Penygraig clubhouse!

This Saturday the firsts are home against Cefn Coed and the following Saturday we take on Llandrindod Wells at home in the first round of the prestigious National Bowl. On September 24 we travel to Watstown.

Preceding the Cefn Coed game this Saturday is a very special occasion. Kicking off at 11.30am is an Army AAC XV against a Cowbridge XV, selected by friends of Tom Clarke.

Firstly, the match ball will be delivered to the Athletic ground at 11.15am by helicopter - a spectacular start to what should be a memorable day so get there early.

This should be a tough encounter with little given on the pitch but plenty of fun afterwards. The brave men and women of the AAC will be remembering one of their own. All present will remember Tom Clarke, a great friend.

After the game the teams and supporters will be available to lend support to the first XV in their match against Cefn. Refreshments will be available throughout the day.

THE Cowbridge Bowling Club finals got underway on Sunday, September 4.

Even though the skies were grey we were all relieved that the rain held off, given the atrocious weather on the Saturday. The green was showing the effects of Saturday's wet weather with trails of water coming off the woods as they traversed the rink.

In the morning the 2-wood singles final saw Roger Barwick take an early lead, and though Bob Penn fought back to level the scores at 8-8, Roger played some excellent ends to win by 21 shots to 15.

In the Millennium Plate between Sandra Collin and Diane Lloyd the game was all square at the half way point before Sandra surged ahead to win 23-10.

In the afternoon the rain held off for the spectators to enjoy two hard fought ladies pairs. Diane Lloyd and Shirley Wilkinson picked up seven shots on one end to create an early 16-1 lead.

However, Sandra Collin and Sylvia Hole battled back winning



eight of the next nine ends to come back to 18-12. This spurred Diane and Shirley to renewed efforts and they got back in the groove to run out winners by 24-14.

In the men's pairs Bob Penn and Jim Hewlett were up against a very strong duo of Roger Barwick and Ron Frayling. Although Bob and Jim had some excellent woods into the head and managed to score 5-5 after eight

ends, Roger and Ron proved the stronger pairing running out winners by 22 shots to 8.

On Monday, September 5, the weather hadn't improved in the morning the couples cup and mixed pairs took place in damp and drizzly conditions.

In the couples cup, Bob and Maggie Penn played against Norman and Shirley Wilkinson. It was an even contest with the Penn's making

steady gains over the 21 ends eventually winning 17-11.

President Mansel Davey presented a new cup, donated by club member Len Taylor, to the winners.

The mixed pairs saw Alan Wallace and Helena Snelling playing against Ron Frayling and Joan Bradley. Although tying after five ends, Helena and Alan won the next seven ends picking up ones and twos and building up a useful lead that Ron and Joan were not able to pull back. Alan and Helena eventually won by 25 shots to 10.

In the afternoon, the climax of the club competitions were the ladies and the mens single finals. The weather conditions deteriorated into continual drizzle but this did not dampen the quality of the two games or the enthusiasm of the spectators.

At times the two games even exhibited the same scores, 7-7 after 10 ends and 15-12 after 17 ends. In the ladies match, Diane Purnell was leading 19-16 needing only two shots to move to 19-20 but dropped four shots to allow Lynda Wilson to move to 19-20.

Lynda didn't give Diane a second chance and picked up the single shot to win the match and become ladies

champion for the first time.

In parallel with the excitement on the ladies rink the men's match was also drawing to an exciting conclusion. Roger Barwick was behind 14-17 against Terry Dunsforth and picked up five shots over the next two ends to move into the lead 19-17 for the first time in the match.

The expectations were that Roger, who had been club champion for the past four years, would cross the finishing line in first place again. However, Terry was determined not to let this happen as he came back with three points in the next end to move 20-19 in front.

Terry's first wood of the final end finished right next to the jack and try as he might Roger was unable to move it, leaving Terry Dunsforth as our new men's single champion for the first time.

As club president Mansel Davey said, these games were a fitting climax to an exciting and, at times, unpredictable season. He thanked the organisers, helpers, spectators and competitors for making it such a successful event.

Before these competition finals the men had one final league match to play on Saturday, and this was away to St Albans in Cardiff.

Because of the adverse weather only 15 of the 21 ends were played. Cowbridge lost the match 40-65 and it is likely that Cowbridge will play in a lower league next season.

Some good news to finish - 50 of the clubs members will embark on a five day bowling tour to Stratford on Sunday. Players have been divided into two teams and will play at various venues.

AW/MB

FINALS DAY TAKES PLACE AT COWBRIDGE BOWLS CLUB

Strong first game for Llantwit Major RFC

CANTON were the visitors to the Recreation Ground as Llantwit Major RFC commenced the new season.

In conditions more adept to the middle of winter with constant heavy rain and a strong south westerly wind, both teams deserve recognition for playing an entertaining game of running rugby.

The summer cobwebs were slow to be blown off as a comedy of errors highlighted the start with the Canton outside half failing to connect with the ball on the dropout and shortly later Llantwit's star full back Rory Budina forgetting to take the ball with him as he set off on one of his trademark runs.

As both teams settled down there were some big tackles being put in by Rob Carter and Gareth Watts, early pressure leading to a penalty kick by Dan Powell.

Canton responded with a penalty of their own after taking a scrum against the head, however this proved to be the last time Canton would dominate the scrum as new tighthead prop Alex Bloomfield and man of the match loose-head Geraint David took hold of proceedings.

Llantwit soon recovered the lead, a quickly taken free-kick by the evergreen Shaun Shea and resulting ruck gave returning outside half Robin Lock the opportunity to see a mismatch in defence. Quick hands through the three quarters ending with Budina putting through a kick and chase for a fine try to make amends for his earlier mishap. The try complemented by an excellent touchline conversion by Powell.

Canton responded quickly regaining possession and some dominant forward driving leading to a converted try from a lineout.

Llantwit soon took control of the game again as their now dominant scrum pressured the Canton line, inevitably leading to a penalty try.

As the game approached half time Llantwit began to dominate the game and their summer preseason training

with fitness conditioner Mathew Mazzitelli began to show as some of the Canton forwards were already beginning to tire. The impressive boot of Powell putting over another three-point penalty before the half time break.

The second half mirrored the end of the first half as the Llantwit forwards controlled possession giving scrum half Rhys Balmont a chance to show good footwork in making several breaks and the three-quarters some excellent handling in the constant rain.

Their dominance allowing new coach Dean Bunting to make changes and use up all his match day squad with last year's youth team player Steff Godwin making his first league appearance as a senior player.

Llantwit's early second half pressure meant Canton were now under increasing pressure at the tackle area.

A period of play in the Canton 22 leading to a quickly taken penalty and Rob Carter barging over from close range at the school end.

This sadly was the last real action to the second half as the game started to fragment with several errors breaking play down on both sides.

Llantwit were arguably guilty of trying too hard in attempting to go for a bonus point try and Canton to their credit stubbornly refusing to bow down.

Canton will be no push overs this season and will no doubt prove tough opponents on the return fixture. The final score at the Recreation Ground was 30-10 and time for players and supporters alike to dry off. One supporter even commented that at least the rain is warm at this time of the year!

A good solid start to the season then for Llantwit, though undoubtedly sterner tests lie ahead, starting this Saturday with a trip up to the Rhondda Valley and Tylorstown RFC, who themselves got off to a good start with a 30-point win away to Cardiff Saracens.

AH

Lisa and Bethany land gold at trials



LISA Lindsay from Llantwit Major and Bethany Jarvis from Llansannor travelled to the Sapey Horse trials, near Ludlow, in north Herefordshire on Sunday, September 4, to compete in the British Eventing affiliated Horse Trials.

The one day event, comprising of dressage, show jumping and a cross country was made up of 22 various jumps including various shaped/sized fences, hedges, ditches and a large water jump.

Lisa, competing in the BE80 Section O was riding Janis Allen's Hello Dolly IV and had a very good dressage score of

23.5 penalty points, a clear round in the show jumping ring and an excellent cross country round, finishing the two kilometre course neatly within the specified time limit and finished first in her class.

Bethany, competing on her own horse, Freddie Lane, in the BE80 Section N, had an excellent dressage score of just 18 points followed by a clear round in the show jumping and an excellent cross country round.

Pictured above are Bethany (on the left) and Lisa (on the right) with their winning rosettes and prizes.

Congratulations to both girls who travelled the six hour round journey and were rewarded by winning gold.

PL

RV/RK/JW-D

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Barry Athletic enjoy solid start to the season across all age groups

BARRY ATHLETIC Football Club have made a promising start to the 2016/17 season.

The men's Premier League team, coached by David Govier, have had two wins against Masons FC and Dinas Powis Athletic and drawn against Rhosce.

The pick of the 13 goals scored so far has been from Teejay Caton. Caton received the ball in his own half, danced through three Masons players and calmly tucked the ball into the bottom corner of the goal.

The First Division team, coached by Jeff Howells, have beaten Cadoxton Athletic, Dockers Reunited and Barry Belgrade in their first three outings following promotion from Division 2.

The highlight has been a free kick from just inside his own half from Anton Williams. After asking referee Jonny Miller if the free kick was direct, Williams spotted the Cadoxton Athletic keeper slightly off his line and drilled a long shot into the top corner of the net.

The club would like to thank Spartan Motor Factors of Broad Street, Barry and Nisa Local of Vere Street, Barry for their sponsorship of men's match day kits for this season.

Barry Athletic under-16s have also started the season well with a 3-1 win over Sully.

The under-15s start their season with a trip to Sully this week.

The club will be fielding mini football sides at under-11s, under-9s, under-8s, under-7s and under-6s when the mini season starts on September 17.

Gary Oxley, Richard Harris, Kenny Vaughan, Julian Brana, Gareth Fuller, Richard Johnson and Ryan Mackay have all been added to the already experienced coaching set up throughout the club.

The club return to the Athletic Ground on September 24 following the end of the cricket season where they entertain Sully Sports at 2pm. Entry is free and the bar will be open after the game.

The club are always seeking sponsors and match day volunteers. Individuals interested in groundsman duties or in IT/media are also being sought by the club.

For further information, please contact club chairman, Andy Gratton on 0772 2124759 or a.grat@yaho.co.uk.

PJT

AG

Cowbridge Darts League round-up

ON Tuesday, September 6, the 2016-2017 season of the Cowbridge Darts League got underway - results will be reported in next week's GEM.

This year the number of teams has increased again and we have 10 teams competing, hosted by seven pubs.

The venues are: Edmondes Arms, Cowbridge; Farmers Arms, Aberthyn; Llanharri Working Men's Club, Llanharri; Highwayman Inn, Nurston; Six Bells Inn, Penmark and new hosts this season the Red Lion, Bonvilton (hosting the team that last season played from the Old Post) and the Victoria

Inn, Singingstone (hosting a team new to the Cowbridge Darts League).

Next week, Tuesday, September 13, we have another full programme of league fixtures. The Farmers B hosts the Edmondes B, Llanharri hosts the Six Bells Inn, the Victoria Inn hosts the Red Lion and the Edmondes A hosts the Farmers Arms. All matches start at 8.15pm and spectators are always welcome.

For further information, e-mail Paul at cowbridgedarts@gmail.com. Up-to-date information can be found on the website: www.darts.apsn.co.uk.

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LIFETIME ACHIEVEMENT AWARD FOR WELSH RUGBY LEGEND 'SID' DAWES

ONE of Welsh rugby's most iconic figures received a prolonged standing ovation when he stepped forward to receive an inaugural lifetime achievement award, at an emotionally-charged Cardiff Rugby Club on Thursday evening.

John 'Sid' Dawes, illustrious former captain of London Welsh, Wales, and the 1971 British & Irish Lions who won the epic (and only!) test series in New Zealand, was the first recipient of the award presented by the Welsh Rugby Writers' Association at its 42nd annual dinner.

It was handed over by his close friend and fellow '70s legend, John Taylor, who

recounted how Dawes had transformed the Welsh style of play, both as player and coach, in a career packed with Grand Slams, Triple Crowns and championships during a golden decade – when Wales, with the likes of JPR, JJ, Merve the Swerve, Benny and Barry (who needs surnames still?), bestrode the rugby world with style and panache.

The evening, attended by past and present players, WRU and Welsh Regions' chiefs, and sponsors, also saw the first Lisa Burgess Women's Player of the Year award to Carys Phillips of Ospreys and Wales; along with Principality Premiership Player of the Year, Ronny Kynes (Ebbw Vale); and

most promising player of 2016, Ellis Jenkins, of Cardiff Blues and Wales.

Not surprisingly, the main award of the evening, Welsh Player of the Year, deservedly went to the remarkably consistent Wales No 8, Taulupe Faletau, now of Bath, who seems destined to join the pantheon of all-time greats.

His award was received, in his absence, by retired Wales captain Ryan Jones, who quipped it was apt, given that he had been forced to act as a substitute for Toby at No 8 for the final two years of his playing career!

DON JOHN

Millwood try to end season (but Mother Nature has other plans!)

LAST week Millwood bowlers found themselves facing five games to be played so that the season would finish on schedule; however as we all know Mother Nature plays her cards and in the end only four were completed leaving the fixture against Pen-y-graig to be completed on Wednesday, September 9.

The week started with neighbours Romilly bringing a side to play the annual match for the Brian Oliver Trophy. The game got under way and after five ends Romilly were comfortably ahead 23-5, a position they were not giving up lightly, and as hard as the home side we could not dent the visitors' superiority on the night and they ran out worthy winners on the night and retained the trophy.

We look forward to our visit to Romilly next year when we will do our best to turn the tables.

On Wednesday the A side travelled to The Murch for a rearranged league match, the outcome of which could affect the teams' chances of promotion from Division 7.

The match started under overcast skies on a cool evening and after a strong effort from all ranks after five ends Millwood were leading 20-9.

However the next five ends set the tone for the rest of the match as at this stage Murch had reduced the deficit to five shots and at the end of a very closely fought contest Millwood managed to cling on to this advantage and ran out winners, 58-52.

Congratulations go to all players for a very enjoyable match played in the right competitive spirit.

On Friday evening the Millwood club side entertained Thomastown in a rearranged League 4 fixture; the game got under way and both sides got into their strides and after five ends scores were level at 15-15.

However over the next five ends Millwood eased into a 10-shot lead, but the visitors were not taking this lying down and over the next five ends reduced the deficit to three shots, thus setting up a nail biting last five ends in which Millwood managed to cling on to win by the narrowest of margins, 65-61.5, all players on both teams contributing to a very good game.

Saturday arrived (as did Mother Nature) with a deluge that lasted all day long but Romilly and Millwood bowlers decided that they could cope with the conditions, so out came the waterproofs and play commenced.

All ranks put in valiant efforts to maintain their standards but on this day, and in these conditions, it would prove impossible and with the home side winning heavily on two rinks and the visitors heavily on one - well done Alan Bumford - Romilly ran out convincing winners, 80-63.

A reminder for all club members that this weekend is club finals day and your support would be greatly appreciated by all finalists.

BH

Dinas Powys Golf Club: Ladies section

On July 31, the ladies held their 36-hole Club Championship between Carolyn Jones and Sue Bridle.

After 18 holes, Carolyn was in the lead, but Sue came back with some very steady play but eventually lost to Carolyn on the 31st hole.

Congratulations Carolyn on winning the Club Championship for the last two years.

On August 2, an 18-hole Stableford was held: 1st Vicki Ellison, 40pts; 2nd Catherine Roblin, 30pts.

On 9th August, an 18-hole Stableford: 1st Carole Reeves 31pts, 2nd Lisa Ryley 28pts on back nine from 3rd Ruth Yates. Also on August 9, a nine-hole Stableford: 1st Pam Warne, 2nd

Terry Unwin.

On August 16, an 18 hole Stableford: 1st Sue Bridle 38pts, 2nd Audrey Harwood 32pts, 3rd Annie Blackburn 30pts. Also on August 16, a nine hole Stableford: 1st Dorothy Amery, 2nd Christine Nelms, 3rd Terry Unwin on back nine from Angela Thomas.

On August 23, an 18 hole Stableford: 1st Ruth Yates 34pts, on back nine from 2nd Sue Bridle 34pts; 3rd Audrey Harwood 30pts on back nine from

Annie Blackburn.

On August 23, a nine hole Stableford: 1st Angela Thomas, 2nd June Jones.

On August 30, the Mary Nicholls Trophy Foursomes Medal: 1st Lisa Ryley/Ruth Yates 95 – 20.5 = 74.5 nett, 2nd Annie Blackburn/Sue Bridle 94 – 18.5 = 75.5 nett, 3rd Sian Smith/Maxine Hird 101 – 22 = 79.

Also on August 30, a nine hole Stableford: 1st Pam Warne, 2nd Angela Thomas, 3rd Kit Roblin.

RY

Delyth's Kayclaire wins by a head

The Vale's Delyth Thomas kept her fingers crossed when her Kayclaire and Zayin Zamurai dashed past the winning post together in the Wathba Stud Farm Cup at the Sheikh Mansoor Festival Arabian Horse Race meeting at Hereford.

The finish was so tight that the judges called for a further photo-finish print which revealed that Kayclaire, who was ridden by champion jockey Simon Walker, had beaten Zayin Zamurai, partnered by Will Pettis, by a head.

Wales had more to celebrate when trainer Christopher Bull and rider Morgan Winstone scored with Palma T a winner in Holland.

She had raced for Stewart Sheffars last season, but has been consistently making the frame in all her other races since moving to Bull's Tredgar yard.

Mr Bull said: "This is my first Arabian and she's the only horse we've got. She works on her own, though were very lucky to have the use of Dai Burchell's gallops. I started off pony racing on the Welsh circuit a long time ago



Simon Walker on Kayclaire. Photo by Debbie Burt.

now and I got into Arabian racing through Paul Beared and Delyth Thomas."

Winning jockey Winstone, from Pontypool, was clearly delighted with his first Arabian winner, saying: "So far I have only ridden for Chris but I'm hoping to get rides from other trainers."

GEORGE BEATS CHAMPION JOCKEY George Blackwell, aged 17, who rides out for Aberthin's Tim

The Vale of Glamorgan Football League round-up

IT was a busy week in the Vale League over the past seven days with plenty of action and a lot of goals.

Last Wednesday saw games played in the first and second division, as Cogan edged out rivals Sully 3-2, Barry Athletic B faced Dockers and Barry Belgrade played SP Billy with the home side in both games running out 4-3 winners.

Onto this past weekend and Premier Division action.

League leaders Vale United continued their impressive flawless start with a 5-0 win over Tynwydd, an impressive feat as Tynwydd held the best league defence across all three divisions last season, conceding only 22 goals all season.

St Athan got back to winning ways with a 3-1 west vale derby win over Cowbridge Town while Barry Athletic went second with a 5-1 victory over Masons Moving Group, which are still searching for their first point of the campaign.

Elsewhere, Rhosee and Island Marine played out a 1-1 draw while Penarth bagged a big away win at Dinas Powys Athletic, beating them 5-2.

In the first division it was a battle of Wednesday's winners and Barry Athletic B

took the spoils over Barry Belgrade with a 5-2 victory.

Cogan and SP Billy played out a thrilling 4-4 draw while FC Pumas went goal crazy with an 8-3 triumph against Cardiff Airport.

The scoreline of 10-2 doesn't come along too often but like buses two came along at once as Dockers and Sully both won their games by that scoreline against Glenbrook and Cadoxton Barry respectively.

Division two saw Cadoxton Imps go top on goal difference with an 8-3 win over Rhosee B to continue their 100 per cent record.

Barry Saints kept their perfect start going with a 5-1 victory over third place Barry Albion. Penarth B get back on

HD

Lee Byrne to lead S Wales Ironmen RL

FORMER Welsh Rugby Union and British and Irish Lions international Lee Byrne has been appointed director of rugby at South Wales Ironmen RL.

Byrne's appointment signals a new era for the club, which will play under the new name of South Wales Ironmen having competed for the past decade as South Wales Scorpions.

Sir Stan Thomas, the main benefactor behind Merthyr RFC's rise to the pinnacle of Welsh Club Rugby. He, along with other

members of Merthyr RFC and the South Wales Ironmen Board, have also announced the relocation of the club to new facilities at Wern Sports Park home of Merthyr RFC.

Byrne's arrival is one of a number of new additions including players from Australia, New Zealand and a returning Welsh Rugby League international joining ahead of the 2017 season.

Bowls club to hold international youth fixtures

BARRY Athletic Bowls Club are hosting a series of under-18s matches between Wales and England on Saturday, September 17, starting at 9.30am for the morning session.

There will also be a morning session starting on Sunday at 9.30am the following day (Sunday, September 18) finishing around lunchtime.

Come along and support these young bowlers. All are welcome. Car parking facilities are available at the club, which is situated next to the cricket ground on Barry Island.

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Pencoed open with win in miserable conditions



Dano Howells leaps highest in the lineup.
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David Young looks to beat his marker.



Kyle Barrett in action.

Seventh heaven for table-tennis Cellan!



BRIDGEND'S Cellan Hall was delighted to finally win a School Games individual gold medal for table tennis at the seventh time of asking.

The 18-year-old wheelchair athlete saved nine match points in the deciding clash of a round-robin event against Dan Bullen, representing England Midlands.

He eventually took his

own second match point to complete a 3-2 (8-11, 11-9, 2-11, 16-14, 15-13) victory in the event at Loughborough University.

"It was an epic final but I wouldn't want it any other way - it's always close between us," said Hall, who is about to start at Cardiff University after leaving Brynteg School.

"I'm happy to pull through on the big occasion. I just played one ball at a time and

didn't think about the crowd or the venue.

"It's my last Games. I've been here seven times and fallen short six times before, but managed to do it on my last one, which I'm so happy about."

There was also a team silver for Hall alongside standing disability athlete Tam Eastwood and learning disability athlete Sid Mohanty as they finished behind England South East.

PS

THE weather certainly had its say throughout this Division 2 West Central match at the Recreation Ground with both Pencoed and Ystradgynlais striving for continuity in the harsh conditions, this first day of the season proper the worst, weather-wise, for some years.

The visitors were first on the scoreboard, Emyr Lawrence opening the scoring in the second minute with a penalty goal.

Pencoed soon levelled matters, right wing Ryan Russell doing extremely well to catch the full back in possession a few metres from his try line, home outside half Adam Williams slotting the goal across the wind from the resultant infringement on the floor.

The home side returned to the visitors' 22 and set piece pressure created two gilt-edged chances. Unfortunately a combination of the squally conditions and possibly the weight of pass kept things in the melting pot.

Despite Pencoed's territorial advantage during the opening quarter, Lawrence kicked his second penalty to lead 3-6.

Approaching the interval and for the first time in the match Ystradgynlais were able to mount sustained pressure on the home line but Pencoed's defence, which was ultimately to decide the match result, held firm.



Tondu are squeezed out by Brynamman

IN terrible conditions, we were lucky to get any kind of play at Pandy Park in this game between Tondu and Brynamman.

It was Brynamman who started the brightest, scoring the game's first and only try with only a minute on the clock.

The Brynamman forwards burst through the middle for prop Daffyd Hopkins to get the ball over the line, with full back Chris Moore adding the conversion to give the away side an early 7-0

advantage.

With the conditions making handling difficult this was never going to be a classic game of rugby and it took Tondu 20 minutes to open their account when outside half Paul Smithson landed his first penalty.

The wind and rain controlled this game in many respects, but you have to hold your hand up to both sets of players for trying to play rugby.

Smithson added another penalty for the home side before the break to make the half-time score Tondu 6, Brynamman 7.

The second half was

almost all Tondu and some depth kicking out of hand from Smithson put his forwards in some wonderful positions, but the end product just eluded them.

The final result came down to a 70th minute penalty from Paul Smithson, although the Tondu forwards must take credit for the way they bossed that second half to squeeze a 9-7 opening day victory.

This Saturday Tondu make the short trip up to Maesteg Celtic for a 2.30pm kick off. Let's hope for better weather!

MS

Bridgend Bridge Club

FOLLOWING the success of this year's lessons, which ended on June 16, Bridgend Bridge Club will be running another course of lessons for beginners, starting on Thursday, September 8.

The lessons are held at Nolton Church Hall in Bridgend, from 11.30am until 1.30pm every Thursday. These are suitable for complete beginners, or for those who have played bridge or whist in the past and want to start playing again and develop their knowledge of the game further.

There is also a play session on Thursday afternoons, which will normally be preceded by a short talk aimed at improvers/intermediate players. This will start at 1.30pm, with play being from 2pm until 5pm. There is parking available on-site.

For further information please contact Steve Burgoyne on 01656 661968, John Evans on 01656 880372 or David Newman on 01656 649138.

RECENT RESULTS
The results for recent events at Bridgend Bridge Club are:

Wednesday, August 31: First, Liam Sheridan

and John Beard; second, Linda Pinnock and Bill Turner; third, Irene Wickham and Glyn Williams.

The winners on handicap were Linda Pinnock and Bill Turner.

Thursday, September 1: First, Eileen Mahoney and Stuart Davies; Second: Rosalie Clode and Steve Burgoyne; Third: Mike Williams and John Henson. The winners on handicap were Rosalie Clode and Steve Burgoyne.

Friday, September 2: First: Jenny Vaughan and Irene Thomas; second: Steve Burgoyne and John Evans; third, John

Henson and Terry Dolan. The winners on handicap were Teresa Griffiths and Linda Jenkins.

Regular club nights take place on Wednesday and Friday evenings at Nolton Church Hall.

Play is scheduled to begin at 7pm, so it helps if players arrive at least 10 minutes early.

On Thursdays at 2pm, also at Nolton Church Hall, there is a gentle bridge session.

Master points are awarded, but it remains a relaxed occasion where players enjoy their bridge.

TG

Athletic seconds fall to Quins loss

BRIDGEND ATHLETIC second XV were defeated by Aberavon Quins by 17 points to 7.

When the Athletic's prop was late arriving, veteran Ian Holman, whose son Nathan was hooker for the firsts on an adjoining pitch, without hesitation stepped into the breach.

He was rewarded with the first try of the season for the seconds, supporting a move and crossing wide out.

Tom Cole converted to put the Athletic seven points up.

The Quins responded with a try to go in at half-time trailing the Athletic by 7-5.

The Quins had use of the wind and driving rain in the second half.

The Athletic defended bravely, but two lapses of concentration and schoolboy errors let in the Quins for two tries to run out 17-7 victors.

AB

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Four goals, three points... the road to Russia starts here!



Wales too strong for Moldova after clinical and assured performance

by GARETH JAMIESON

THIS is rare territory for Welsh football. After all, we've become accustomed, over the last 50 or so years, to view the start of every qualifying campaign as 'the one', the time when best intentions become a reality and we finally make our mark by achieving qualification.

Of course, after the heroics of Euro 2016, that particular monkey has been removed from the back of Welsh football, but does lead to something that Wales' footballers have rarely faced – expectation.

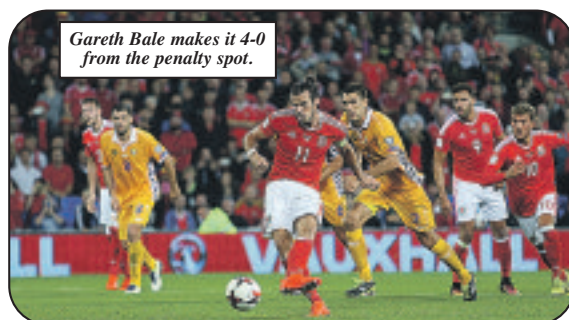
Manager Chris Coleman was quick to point out last week that: "We've threatened before, promised everything and then delivered nothing. How many times have we finished strong at the end of one campaign and we say the next one is going to be the one? Then wallop, nothing."

Unbridled optimism would suggest that if we can reach the last four of the European Championships, surely there's nothing stopping us reaching the 2018 World Cup in Russia?

Well, aside from the new pressure of being top seeds in qualifying group D, there are also the likes of Serbia, Republic of Ireland, Austria and Georgia to contend with.

But first up for Chris Coleman's team were Moldova, who they entertained at the Cardiff City Stadium on Monday evening.

In a game that fans, management and players would hope would set the tone for the qualifying campaign ahead of them, Coleman added



Gareth Bale makes it 4-0 from the penalty spot.

that: "... this first game - doesn't matter if it's home or away - you set your stall out, set down a marker. That's what we're going for."

Well that marker was laid down pretty forcefully with a convincing 4-0 win over a Moldovan side who looked painfully ordinary at times, yet had enough about them to frustrate Wales for the opening half hour of the game.

With such excitement sweeping the ground given that this was the first time the team had been in action since that Lyon evening against Portugal, momentum was certainly with the men in red, but it took them a while to get going, looking disjointed and lacking that final ball.

It's understandable, given their lack of time together and with the new season yet to truly bed in, but as the game wore on, so Wales began to look more assured and confident.

One thing they will need to get used to is teams coming to Cardiff and sitting back hoping to settle for a point; it was a tactic Moldova (arguably the 'minnows' of this qualifying group) were happy to utilise, their deep back line proving a tricky thing to break down with Wales resorting to long balls over the top to try and press home an advantage, which more often than not came to naught.

If Moldova needed reminding of their need

to be tight defensively, notice was served when Gareth Bale whipped a free-kick from the right hand side in, which not only managed to evade the head of Sam Vokes but also narrowly the far post. But Wales were not to be denied, and the breakthrough came in the 38th minute.

It was Bale and Vokes again who combined, but this time the former's cross was met by the latter's head and Wales had the lead that they deserved.

It got better on the stroke of halftime when, after a poor clearance, the ball came to the feet of the impeccable Joe Allen who struck the ball through a sea of legs to double Wales' advantage and send them into halftime two goals to the good.

While Moldova's record of 14 defeats in their last 20 games made for grim reading on their part, the fact they had only conceded 26 goals over the course of those games showed how tricky they were to break down, making Wales' halftime lead that little bit more impressive.

The second half was there for Wales to take, and five minutes after the restart Bale benefitted from a lapse in concentration from a Moldovan defender and clipped the ball past the stationary keeper to further increase Wales' lead.

The game, understandably, then lost its edge somewhat – the Moldovans,

beaten and just wanting the game to end, and Wales, assured of victory, lost some of their urge and intent, with constant chants from the ever-vociferous Canton Stand providing much of the entertainment.

But those who fancied an early exit to beat the traffic missed Wales' final goal; Bale was brought down in the penalty area, dusted himself off and converted the resultant spot kick to put the cherry on top of a confident team performance and move himself to within four goals of Ian Rush's goalscoring record of 28 international goals.

So, four goals and three points to set Wales off on the road to Russia, and, regardless of the opposition, a performance to build some momentum for the qualifying campaign.

While Bale was named man of the match, few would agree; whether it's the acceptance that Bale will always put in no less than 100 per cent or that we're just used to his feats of skill, the Real Madrid star's honour felt a little hollow.

It was in the midfield that you would have found a more suitable candidate, with both Joe Allen and Andy King (in for the injured Aaron Ramsey) imperious throughout and providing much of the team's attacking impetus, particularly in the early stages.

The defence was



Sam Vokes leaps high to head Wales into the lead against Moldova. ALL PICTURES BY HUW EVANS AGENCY.

stoic when called upon, and both Sam Vokes and Hal Robson-Kanu (when called upon late on) looked sharp and complemented Bale in attack.

There were many positives to take from this victory (including the fact that this was Wales' biggest winning margin since 2003), but business picks up next month when Coleman's squad travel to Vienna to face Austria (who defeated Georgia 2-1 in their opening game).

A tricky tie certainly, but one that this squad will feel confident of performing well in, and where anything more than a defeat will be no doubt gratefully accepted.

Home advantage will be key in this group, and should Wales maintain their 100 per cent record at the Cardiff City Stadium, then picking up points on the road will only serve to tighten their grip at the top of qualifying group D, with Georgia the next visitors to Cardiff on October 9.

By then we'll know how smooth the road to Russia will be.



Gareth Bale (above) was named the official man of the match, but few would have argued had the honour gone to the imperious Joe Allen (below).



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